

life

IN ROCKVILLE

Fall 2019

Recreation and Parks Activity Guide



**Tots/Preschool • Children • Croydon Creek Nature Center
Teens • Adults • Adults 60+ • Aquatics • Cultural Arts**



Vote by Mail 2019

Voto por Correo 2019

Easy, Convenient, Safe & Secure • Fácil, conveniente y seguro

The City of Rockville will conduct a Vote by Mail election in 2019 for mayor and four council members.

La ciudad de Rockville llevará a cabo una elección de voto por correo en 2019 para los cargos de alcalde y cuatro concejales.

Key Dates

Sept. 20

Deadline to register to vote or update voter registration.

Oct. 6-12

Ballots mailed to registered voters.

Nov. 5

All voted ballots must be received at City Hall, 111 Maryland Ave. by 8 p.m. to be counted.

Postmarks do not count.

Fechas claves

20 de septiembre

Fecha límite para registrarse para votar o actualizar el registro de votantes.

6 - 12 de octubre

Boletas enviadas por correo a los votantes registrados.

5 de noviembre

Las boletas se deben de recibir por correo o se deben traer al buzón de votación en el Ayuntamiento, en el 111 de Maryland Ave. antes de las 8:00 p.m.

Las boletas recibidas después del 5 de noviembre no serán contadas.

Three Ways to Vote

By Mail:

Ballots will be mailed to every registered voter. Return your postage-paid ballot to the city by 8 p.m. on Nov. 5. Postmarks do not count.

24/7 Dropbox:

Drop off your completed ballot anytime at the City Hall dropbox, located in the upper parking lot.

Vote Center:

Vote and register on Election Day at City Hall from 7 a.m.-8 p.m., Nov. 5. City Hall will be the only vote center.

Tres formas de votar

Por correo:

Las boletas se enviarán por correo a cada votante registrado. Envíe por correo la boleta con el franqueo pagado para que se reciba en el Ayuntamiento antes de las 8:00 p.m. del 5 de noviembre. **Las boletas recibidas después del 5 de noviembre no serán contadas.**

Buzón 24/7:

Deposite su boleta completa en cualquier momento en el buzón de votación del Ayuntamiento, ubicado en el estacionamiento principal.

Centro de votación:

Vote y regístrese el día de las elecciones en el Ayuntamiento de 7:00 de la mañana a 8 de la noche el 5 de noviembre. El Ayuntamiento será el único centro de votación.

For more information, visit www.rockvillemd.gov/election or call 240-314-8286

Para obtener más información, visite www.rockvillemd.gov/election o llame al 240-314-8286

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Registration Dates

Senior members: Tues., July 30
General and nonmembers: Thurs., Aug. 1

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Stay Informed

www.rockvillemd.gov/recreation
Email: registration@rockvillemd.gov
240-314-8620

 [Twitter.com/rockvillerec](https://twitter.com/rockvillerec)

 [Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)



Connect
Create
Celebrate

We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community. **Welcome to Rockville Recreation and Parks.**

Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.

2019 Calendar of Events

August

- 7 Movies in the Parks: "Smallfoot." Rated PG. Calvin Park, 1248 Gladstone Drive. Free. Page 17.
- 14 Movies in the Parks: "The Mighty Ducks." Rated PG. Woodley Gardens Park, 900 Nelson St. Free. Page 17.
- 21 Movies in the Parks: "The Little Mermaid." Rated G. Maryvale Park, 812 First St. Free. Page 17.
- 23 Family Resource and Movie Night: 7 p.m. Lincoln Park Community Center. Food and drinks. Movie begins at sunset. Free. Page 26.
- 28 Movies in the Parks: "Sherlock Gnomes." Rated PG. Potomac Woods Park, 1380 Stratton Drive. Free. Page 17.

September

- 7 Doggie Dip Day: noon-4 p.m. Rockville Swim and Fitness Center. Page 52.
- 7 Green Your Backyard: 10-11:30 a.m., Twinbrook CRC. Free. Page 20.
- 21 Local First Responders Day: 10 a.m.-noon, Twinbrook Community Recreation Center. Free. Page 7.
- 28 Energy Roadshow: Community Energy Efficiency Event: 10 a.m.-noon, Lincoln Park Community Center. Free. Page 37.
- 28 Fall Family Festival at Thomas Farm: 2-3:30 p.m. Thomas Farm Community Center. \$6R/\$8NR or \$8 pp at the door. Course #10505. Page 13.

October

- 5 Rocktoberfest: 11 a.m.-5 p.m. Rockville Town Center. Free. See back page.
- 10 Peerless Rockville Speaker Series: 7 p.m. Glenview Mansion. Free. Page 53.
- 12 20th Anniversary of Twinbrook Community Recreation Center: 1-3 p.m. Free. Page 7.
- 12 23rd Annual F. Scott Fitzgerald Literary Festival: 8:30 a.m.-5:30 p.m. Page 54.
- 18 Croydon Creep: 6-8 p.m. at Croydon Creek Nature Center. Preregistration fee is \$6 per child for course #11257 and \$8 at the door the day of the event. Adults and children under 2 are free. Page 20.
- 19 58th Annual Rockville Antique & Classic Car Show: 11 a.m.-3:30 p.m. (No rain date.) Rockville Civic Center Park. Free. Page 32.
- 25 Monster Mash Family Dance: 7-9 p.m. Twinbrook Community Recreation Center. Page 16.
- 26 Halloween Haunt: 2-4 p.m. Thomas Farm Community Center. Pre-register for #10504. \$8R/\$10NR. or \$10 at door. Page 8.
- 30 Toddler Time – Peek-A-Boo Halloween: 10 a.m.-noon. Ages 1-5. Lincoln Park Community Center. Preregistration required. Course #10806. \$7R/\$10NR. Page 8.
- 31 Trick or Treat: 6-8 p.m. Lincoln Park Community Center, Free. Page 16.

November

- 1-3 Murder at the Mansion presents "With a Deadly Finish". 8 p.m. and 2 p.m. Glenview Mansion.
- 3 44th Annual Rockville 10K/5K Race and Kids 1 Mile Fun Run: 8:30 a.m. King Farm Village. See page 25.

Arts, Dance and Enrichment

NEW! Abrakadoodle – Outdoor Art Explorers

What art can you find outside? More than you think! From soil to bugs and blooms, each activity will inspire individual creativity while developing a better understanding of outdoor environments. Children practice sketching, collect rocks to paint, create a diorama, practice impressionism and learn about the father of botanical drawing, Basilius Besler. We'll use real garden organics to make small creatures, tapestries and interesting layered art. From mighty woodlands to tiny pollinators, the great outdoors provides a wonderful canvas for our artistic creations!
Age: 2-5

Session 1

10706 Tu,Th 9/5-9/26 10-11:15 AM \$115/\$125

Session 2

10761 Tu,Th 10/1-10/22 10-11:15 AM \$115/\$125

Session 3

10762 Tu,Th 10/24-11/14 10-11:15 AM \$115/\$125

Elwood Smith Park/Abrakadoodle

Abrakadoodle – Twoosy Doodlers (Adult/Child)

My First Art!

The "My First Art" series introduces new art experiences to our Twoosy Doodlers. The focus is on exploration! This special series of "My Firsts" includes collage, 3D art, handprinting, beginning paper cutting and musical art. The activities are designed to provide opportunities for the Twoosys to touch, feel, hear, see and explore while building fine-motor skills, language, creativity and cognitive skills. Note: \$24 material fee due to instructor at first class.

Age: 1yr 8m-3yr 1m

10705 Th 9/19-11/7 10-10:45 AM \$105/\$115

Thomas Farm CC/Abrakadoodle

Little Fingers Music (Adult/Child)

Instill a love of music in a fun and relaxing environment. Students are introduced to the piano or guitar, musical symbols and play songs through group learning experiences. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 2-5

Guitar

10714 Sa 9/21-10/26 9:15-9:45 AM \$120/\$130

10717 Sa 11/2-12/14 9:15-9:45 AM \$120/\$130

Piano

10713 Sa 9/21-10/26 10:15-10:45 AM \$120/\$130

10716 Sa 11/2-12/14 10:15-10:45 AM \$120/\$130

Twinbrook CRC Annex/Learn Now Music Staff

Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Fee includes two "Music Together" CDs, an illustrated songbook and parent-education materials. Cost of materials is non-refundable. Siblings under 10 months may attend for free (no registration necessary). Adult participation required. The fee for siblings 10 months and older is \$120 for the 10-week class.

Age: 1m-5yr

10725 W 9/11-11/20 9:30-10:15 AM \$198/\$220

10724 W 9/11-11/20 10:30-11:15 AM \$198/\$220

Thomas Farm CC/Liddle

10722 M 9/16-11/18 10-10:45 AM \$198/\$220

10723 M 9/16-11/18 11-11:45 AM \$198/\$220

Kicks Karate/Winkler

NEW! Pommies – Cheer Madness

Dance to fun music and learn cheers, chants and simple routines. Improve flexibility with basic gymnastics exercises and build self-confidence through team games.

Age: 3-5

10744 Sa 10/5-11/9 10-10:45 AM \$99/\$109

Lincoln Park CC

Age: 3-5

11210 Tu 9/24-10/29 4:30-5:15 PM \$99/\$109

Thomas Farm CC

Cookies with Santa

Celebrate the holidays
at Thomas Farm Community Center

Saturday, Dec. 7
2-4 p.m.

Visit with Santa. Enjoy holiday crafts
and cookie decorating. Write a letter
to Santa and more. All ages.

240-314-8840

Pre-register for course #10490

**\$8R/\$10NR or \$10 at the door. Adults and
children age 2 and over must register.**

Time for Toddlers

Tiny Tots Drop-In

Tuesdays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Thomas Farm Community Center
240-314-8840

Toddler Time Wednesdays, 10 a.m.-noon

Parents and preschoolers enjoy play equipment in the gym.

Lincoln Park Community Center
240-314-8780

Community Center tot programs require either a membership or day pass for the accompanying adult.

Nature Tots

Nature-based activities.

**Select Thursdays and
Saturdays
10-11:30 a.m.**

(Pre-registration required.)

Croydon Creek Nature Center
240-314-8770

Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-5

10283 W 9/11-10/30 10-10:45 AM \$62/\$72

10284 W 9/11-10/30 11-11:45 AM \$62/\$72

Rockcrest Ballet Center/Tennant

Age: 3-4

10274 Sa 9/14-11/2 10-10:30 AM \$55/\$65

10275 Sa 9/14-11/2 10:45-11:15 AM \$55/\$65

Rockcrest Ballet Center/Simpson

Age: 3-4

10281 Sa 10/26-11/23 10-10:45 AM \$52/\$62

Age: 4-5

10282 Sa 10/26-11/23 11-11:45 AM \$52/\$62

Twinbrook CRC/Tennant

Age: 3-4

10279 Sa 9/21-11/16 10-10:45 AM \$82/\$92

10280 Sa 9/21-11/16 11-11:45 AM \$82/\$92

Thomas Farm CC/Langdon

Fitness

Funfit Tots (Adult/Child)

Enjoy active games, songs, parachute play, balls and creative movement. Develop self-confidence, motor skills and socialization, and reinforce cognitive learning. Children must be walking.

Age: 11m-2yr 2m

10667 F 9/13-10/18 10-10:45 AM \$85/\$95

10669 F 11/1-12/6 9:45-10:30 AM \$85/\$95

Age: 18m-4yr

10668 F 9/13-10/18 10:45-11:30 AM \$85/\$95

10670 F 11/1-12/6 10:30-11:15 AM \$85/\$95

Thomas Farm CC/Funfit Staff

Martial Arts

Kicks Karate – Little Ninjas

A fun class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Sign up for two classes and save \$40.

Age: 3yr 6m-6yr

10679 Sa 9/21-10/19 8:55-9:30 AM \$85/\$95

10680 Su 9/22-10/20 9:30-10:05 AM \$85/\$95

10684 M 9/23-10/21 5:45-6:20 PM \$85/\$95

10685 Tu 9/24-10/22 4:45-5:20 PM \$85/\$95

10688 W 9/25-10/23 6:05-6:40 PM \$85/\$95

10689 Th 9/26-10/24 5:15-5:50 PM \$85/\$95

Kicks Karate/Staff

NEW! Zen Budo Martial Arts – Little Dragons

This class is a fun, exciting introduction to martial arts that blends training exercises with fun activities, obstacle courses, and rolling on the mat. Students learn the rudiments of punching, kicking and Kata practice and important behavior skills such as listening, leadership and group dynamics. \$30 uniform fee is due at the second class. *Rates below will be charged at time of registration and again on Oct. 15.*

Age: 4-5
10743 W 9/18-11/13 5:30-6:15 PM \$75/\$85
Elwood Smith Park/Bowers

Sports – Instructional
Basketball Skills Junior – Tiny Tykes

Learn the sport of basketball in a fun and encouraging environment. Skills such as dribbling, passing and shooting are introduced through games and activities. Teamwork and sportsmanship are emphasized.

Age: 4-5
10746 Sa 9/21-10/26 9-9:45 AM \$85/\$95
10747 Sa 11/2-12/14 9-9:45 AM \$85/\$95
Thomas Farm CC/Hawkins

Coach Doug Kickball/T-Ball

Kick off your child's sports experience the Coach Doug way. Learn fundamental kickball and T-Ball skills, rules and playing strategies in a fun and friendly environment with emphasis on building techniques and self confidence. No adult participation required.

Age: 3-6
10704 Su 9/22-11/10 9:15-10 AM \$95/\$105
Twinbrook CRC field/Coach Doug

Coach Doug Wee Wanna Be (Adult/Child)

Which sports players do your kids pretend to be? This class builds self-esteem and confidence as children are taught sports through supervised, non-competitive play sessions. Children participate at their own pace. Sports change each season. Adult participation required.

Age: 2-5
10703 Su 9/22-11/10 10:15-11 AM \$95/\$105
Twinbrook CRC/Coach Doug

Little Tennis Aces

Learn to play tennis with your youngster using smaller nets and larger, softer balls. A variety of age-appropriate activities will be used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5
10559 Sa 9/14-10/19 3-3:45 PM \$89/\$99
Thomas Farm CC/Z.Yargici
Age: 4-5
10558 Su 9/15-10/20 9-9:45 AM \$89/\$99
King Farm Park/Z.Yargici

Soccer Skills – Junior

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 3-4
10662 Sa 9/14-10/19 9-9:45 AM \$85/\$95
King Farm Park
Age: 4-5
10663 Sa 9/14-10/19 10-10:45 AM \$85/\$95
King Farm Park
Age: 4-5
10666 Th 9/19-10/24 4:45-5:30 PM \$85/\$95
Thomas Farm CC

T-Ball Skills – Beginner

Experience what it's like to be on a team through game-like play! Coaches teach the fundamentals of baseball through fun, skill-building activities and give one-on-one attention to help kids learn the game. Throwing, catching and batting are introduced.

Bring a mitt to class.

Age: 4-6
10672 Tu 9/17-10/22 5-5:45 PM \$85/\$95
10673 Sa 9/21-10/26 10-10:45 AM \$85/\$95
10696 Sa 9/21-10/26 11-11:45 AM \$85/\$95
King Farm Park/Rosenthal

Local First Responders Day

Saturday, Sept. 21

10 a.m.-noon

Come meet your local first responders.

Police vehicles, fire truck and exhibits, and much more, designed to teach the community about safety.

Great for all ages – free event.

Twinbrook Community Rec. Center



Halloween Happenings

Oct. 18 Croydon Creep – 6-8 p.m.

Croydon Creek Nature Center. All ages. Cost is \$8 per child at the door. Adults and children younger than 2 are free. Come in costume. Magic show, spooky nature trail, giveaways and crafts.

Oct. 25 Monster Mash Family Dance – 7-9 p.m.

Twinbrook Community Recreation Center. All ages. Cost is \$4 per person. See page 13 for more information.

Oct. 26 Halloween Haunt – 2-4 p.m.

Thomas Farm Community Center. Paint a pumpkin, play Halloween games, participate in crafts and jump with friends in a moon bounce. Children must be accompanied by an adult and all adults and children over age 2 and over must register. Preregistration fees: \$8R/\$10NR or \$10 per person at the door. Preregistration strongly suggested.

Oct. 30 Toddler Time – Peek-A-Boo Halloween – 10 a.m.-noon

Lincoln Park Community Center. Ages 1-5. Mini peek-and-find Halloween items, crafts, games, snacks and more. Pre-register for course #10806. Fee \$7R/\$10NR.

Oct. 31 Trick or Treat – 6-8 p.m.

Lincoln Park Community Center. Stop by while you are out trick or treating on Halloween evening. Visit the center, get some candy and visit our hot-chocolate bar. Open from 6-8 p.m. Free.

Sports – Instructional

Tiny Hoopers

Time to get those tiny feet moving on the basketball court. Learn the basics of basketball, like dribbling, catching and passing. Toddler-sized basketballs are used for this class. Bring water and wear tennis shoes.

Age: 4-6

10804 Th 9/26-11/7 5:30-6:15 PM \$75/\$85
Lincoln Park CC/Dawkins

Tumble Tykes

Have fun and build self-confidence in this introductory level class. Help your child learn basic tumblers and exercises that will improve large motor skills, balance, coordination, and physical awareness. Wear comfortable tight-fitting clothing.

Age: 2-3

10707 Th 9/19-10/24 10:30-11:15 AM \$115/\$125
Xtreme Acro and Cheer/Staff

NEW! First Kicks Soccer

This program offers an introduction to the world's most popular sport through fantasy-based games and fun activities. The program is designed to introduce the sport of soccer as well as capture the imagination and develop age-appropriate motor and creativity skills.

Age: 3-4

11197 Su 9/29-11/17 9-10 AM \$150/\$160
SoFive Soccer Center/Staff

Arts, Dance and Enrichment

Ballet for Children

Learn the art of ballet through an elementary but professional approach. Register for the appropriate level, which may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years. Participants who register for two or more classes are eligible for a \$5 discount for one class. See the "Teen" section for more classes.

Young Beginner

Age: 5-7

10290 Th 9/12-11/21 4:45-5:45 PM \$132/\$142
Thomas Farm CC/Simpson

10288 Sa 9/14-11/23 11:15 AM-12:15 PM \$132/\$142
Rockcrest Ballet Center/Simpson

Beginner

Age: 6-13

10292 F 9/13-11/22 5:45-6:45 PM \$132/\$142
Rockcrest Ballet Center/Simpson

11194 M 9/9-11/18 2:30-3:30 PM \$95/\$105
Rockcrest Ballet Center/Tennant

10289 Sa 9/14-11/23 12:15-1:15 PM \$132/\$142
Rockcrest Ballet Center/Simpson

Beginner/Advanced

Age: 8+
10291 F 9/13-11/22 4:45-5:45 PM \$132/\$142
Rockcrest Ballet Center/Simpson

Intermediate I

Age: 8+
10293 M 9/9-11/18 4:45-5:45 PM \$122/\$132
Rockcrest Ballet Center/Chongpinitchai

Intermediate II

Age: 9+
10296 W 9/11-11/20 4:45-5:45 PM \$132/\$142
Rockcrest Ballet Center/Simpson

LNM Group Piano Experience

Budding musicians participate in piano instruction and theory as well as musical games, musical listening excerpts and related projects. Program includes free instrument rental and materials intended for at-home practice. Instruments must be returned at the last scheduled class of the session.

Age: 5-12
10720 Sa 9/21-10/26 11 AM-12 PM \$169/\$179
10721 Sa 11/2-12/14 11 AM-12 PM \$169/\$179
Twinbrook CRC Annex/Learn Now Music Staff

Before and Afterschool Enrichment

Early Birds

This morning program offers children a safe, fun environment with computer lab, crafts, organized games and other enrichment activities. Transportation is provided to Meadow Hall and Twinbrook elementaries. Program does not meet on MCPS non-school days. Optional daily drop-in is available for a \$10 daily fee.

Grade: K-5
10212 M-F 9/3-10/11 7-9:30 AM \$130/\$140
10213 M-F 10/14-11/22 7-9:30 AM \$130/\$140
Twinbrook CRC Annex

Afterschool Adventure

This program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided from Meadow Hall Elementary School and Twinbrook Elementary School. Program operates when school is in session and does meet on early release days.

Grade: K-5
10214 M-F 9/3-10/11 3-6:30 PM \$160/\$180
10215 M-F 10/14-11/22 3-6:30 PM \$160/\$180
Twinbrook CRC Annex



NEW! Beyond the Bell Afterschool Club

Enjoy time beyond the bell at Thomas Farm's new afterschool club! Engage in enrichment activities, organized games and crafts. Homework help and a healthy snack are provided daily. Bus transportation from Ritchie Park Elementary is provided. Program operates when school is in session and does not meet on early release or no school days.

Grade: K-5
10358 M-F 9/3-10/11 3:30-6:30 PM \$160/\$180
10359 M-F 10/14-11/22 3:30-6:30 PM \$160/\$180
10360 M-F 11/25-1/3 3:30-6:30 PM \$160/\$180
Thomas Farm CC

Clubhouse

Children spend time learning, creating and exploring during this drop-in, after school program. Homework time, snacks, crafts and games are scheduled daily. Clubhouse is not held on MCPS non-school days but is open on half days. All children must be picked up by 6:30 p.m. Extra charges apply for late pick-ups. MCPS Bus transportation is provided from Maryvale (at Northlake), College Gardens, and Beall elementary schools to Lincoln Park Community Center (afternoon drop-off only). All other local schools students are transported by MCPS request.

Grade: K-5
Session I
10238 M-F 9/3-10/11 3:30-6:30 PM \$125/\$145

Session II
10239 M-F 10/14-11/22 3:30-6:30 PM \$125/\$145

Session III
10240 M-F 11/25-1/3 3:30-6:30 PM \$125/\$145
Lincoln Park CC

Twinbrook After School Club

Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Come join the fun!

Age: 5-12
9823 M-F 9/3-10/11 3:40-6:30 PM \$160/\$180
9824 M-F 10/14-11/22 3:40-6:30 PM \$160/\$180
9825 M-F 11/25-1/3 3:40-6:30 PM \$160/\$180
Twinbrook Elementary School



Theme Parties

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek • 240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc • 240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm • 240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook • 240-314-8830

Outdoor Rentals

Lincoln Park Community Center (Isreal Park)

April 15-Sept. 30

www.rockvillemd.gov/lpcc • 240-314-8780

Thomas Farm Community Center (Falls Grove Park)

April 15-Sept. 30

www.rockvillemd.gov/thomasfarm • 240-314-8840

Rockville Park Picnic Areas

www.rockvillemd.gov/parksandfacilities
240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Community Center

www.rockvillemd.gov/parksandfacilities
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parksandfacilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830



Children Events

NEW! Slime Time

Time to get squishy! Participants will choose from several different slime recipes to concoct their own special slime creation. Choose from fluffy, stretchy, drippy, recipes and customize them with colors, sparkles and confetti. Fun to make and hours of fun to play with! Best of all, mom and dad, your own kitchen stays clean!

All materials are included

Age: 6-12

10787	F	9/13	7-9 PM	\$12/\$15
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Twinbrook CRC Annex

NEW! Water Marbling

Water marbling is an ancient painting technique that involves floating paint on water to make patterns and then transferring that pattern to a surface. In this class you will learn the process of water marbling and then put those skills to use to make your own silk scarf. This class will be taught by the artist behind Itokami, LLC from Vienna, Virginia. Each paid participant will go home with their own printed silk scarf to keep for yourself or give as a gift! Register by Nov. 8.

Age: 9+

10506	Sa	11/16	10 AM-12:30 PM	\$35/\$40
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Thomas Farm CC

Fitness

NEW! Kids Fit Yoga

Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? This class introduces a combination of partner and group games, fitness challenges and yoga.

Age: 8-12

11138	Sa	9/7-10/19	10:15-11 AM	\$86/\$104
11139	Sa	10/26-12/14	10:15-11 AM	\$86/\$104

Rockville Swim and Fitness Center/Khrolenko

NEW! Signature Poms – Cheer Madness

Learn conditioning exercises to improve jumps, motions, cheers and dances without competitive pressures. Exercises are designed to improve flexibility, strength and build endurance. Learn beginner stunting techniques, safety regulations and the importance of confidence and working as a team. New cheers and chants are introduced each week.

Age: 6-11

10745	Tu	9/24-10/29	6-6:50 PM	\$99/\$109
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Lincoln Park CC

Zumba Fit – Kids

In this fun, educational class, participants do a 15-20-minute kid-friendly warm up, then learn about the countries and cultures that inspired the dances presented. Each week, we'll visit a different country on the map to learn fun facts and each country's native dance. Participants will also play a game that combines what they learned with a fun activity. Class concludes with a cool down and the kids decorate their passports to record their journey.

Age: 7-12

10834	Sa	9/7-10/19	12-12:50 PM	\$56/\$67
10835	Sa	10/26-12/14	12-12:50 PM	\$56/\$67

Rockville Swim and Fitness Center

Martial Arts

Fencing – Youth Beginner

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

10571	Th	9/19-11/14	6:15-7:15 PM	\$128/\$140
10568	Sa	9/21-11/16	11 AM-12 PM	\$128/\$140

Age: 10-13

10569	Th	9/19-11/14	7:20-8:40 PM	\$128/\$140
10570	Sa	9/21-11/16	12:20-1:40 PM	\$128/\$140

Rockville Fencing Academy/Staff

Kicks Karate – Children

A fun class designed for children to learn the basic skills of karate. Teachers focus on developing concentration, self-control and confidence. Small class sizes and a professional environment ensures a positive experience. Fee includes belt and an official Kicks Karate uniform for first-time students. Participants should attend two classes per week.

Age: 7-12

Pick any two days \$129/\$139.

10681	Sa	9/21-10/19	12:25-1:10 PM
10686	Tu	9/24-10/22	5:55-6:40 PM
10687	W	9/25-10/23	6:40-7:25 PM
10690	Th	9/26-10/24	7:15-8 PM
10691	F	9/27-10/25	4:50-5:35 PM

Kicks Karate/Staff



Monster Mash Family Halloween Dance

**Friday, Oct. 25
7-9 p.m.**

**Pumpkin decorating, Refreshments sold by
Twinbrook PTA. Cost is \$4 per person
at the door for ages 2 and up.
Please, no masks or costume props.**

**Twinbrook Community
Recreation Center**

Trick or Treat Lincoln Park Community Center

**Thursday, Oct. 31,
6-8 p.m.**

Lincoln Park Community Center

**Stop by Lincoln Park Community Center
while you are out trick-or-treating on
Halloween evening
and get some candy and warm-up
with a cup of hot chocolate.**

Free Event

Martial Arts

NEW! Zen Budo Martial Arts

Age: 6-11

Phoenix Path – One Day

Learn Goshin-Jitsu which encompasses the basics of self-protection and teaches pressure points on the human body. Use safe (Nerf) training weapons to practice grappling, takedowns and sparring techniques. Reaction and partner work is emphasized rather than memorization. Cultural aspects of martial arts such as following rules, mindfulness practice, strategic decision-making, leadership, and self-control are promoted. \$30 uniform fee is due at the first class. *Rates below will be charged at time of registration and again on Oct. 15.*

11227	M	9/16-11/11	6:30-7:20 PM	\$75/\$85
11228	W	9/18-11/13	6:30-7:20 PM	\$75/\$85
11229	Th	9/19-11/14	6:30-7:20 PM	\$75/\$85

Elwood Smith Park/Bowers

Dragon Path – Three Days

Create a lifelong experience with the principles, cultural traditions and lifestyle of martial arts. This program has a greater focus on advancement and exposes participants to other leadership possibilities, such as the demo team, assistant instructor programs and other social activities such as dojo movie night, ninja field day and specialty seminars. The Dragon Path also represents Zen Budo Martial Arts at charitable events and promotional demonstrations in the community. Anyone may sign up. Participants on this path receive a free uniform and free belt testing at each level. *Rates below will be charged at time of registration and again on Oct. 15.*

10759	M,W,Th	9/16-11/14	6:30-7:20 PM	\$110/\$120
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Elwood Smith Park/Bowers

School Break Programs

Adventure Day

Join Thomas Farm Community Center for an adventure on your day off school! Each program will consist of an offsite field trip and time spent enjoying games and activities at the community center. An email with additional information regarding the trip will be sent to participants prior to the program.

Age: 6-11

10502	M	9/30	9 AM-3 PM	\$30/\$35
10503	W	10/9	9 AM-3 PM	\$30/\$35

Thomas Farm CC

Sports – Instructional

Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 8-9

10698	Th	9/19-11/7	5:30-6:25 PM	\$85/\$95
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Age: 10-12

10699	Th	9/19-11/7	4:30-5:25 PM	\$85/\$95
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Thomas Farm CC/Jordan

Basketball Skills Junior

Learn the sport of basketball in fun and encouraging environment. Skills such as dribbling, passing and shooting are introduced through games and activities. Teamwork and sportsmanship are emphasized.

Age: 5-6

10749 Sa 9/21-10/26 10-10:45 AM \$85/\$95

10750 Sa 11/2-12/14 10-10:45 AM \$85/\$95

Age: 7-8

10675 Sa 9/21-10/26 11-11:45 AM \$85/\$95

10695 Sa 11/2-12/14 11-11:45 AM \$85/\$95

Thomas Farm CC/Hawkins

Lacrosse for Girls

Beginner to intermediate skills and offensive/defensive strategies are taught. Participants are divided into groups based on age and skill level. Bring a women's lacrosse stick, goggles and a colored mouth guard. Group discounts: \$10 off for each family member (two or more) and \$10 off for each member of a team (five or more). To receive a discount, register by mail, fax or walk in.

Grade: K-5

10718 Su 9/29-11/3 12-1:30 PM \$150/\$160

Grade: 5-8

10719 Su 9/29-11/3 12-1:30 PM \$150/\$160

Welsh Park/McCormick

Parkour Gymnastics

Roll, jump, climb and flip just like a ninja warrior. Use balance, agility and vaulting skills to master various obstacle courses as you are introduced to elements of parkour. Safe and proper gymnastic techniques are emphasized. No previous experience necessary.

Age: 7-10

10700 M 9/23-10/28 5-6 PM \$95/\$105

11225 M 9/23-10/28 6-7 PM \$95/\$105

Xtreme Acro and Cheer/Staff

Soccer Skills

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 6-8

10661 Sa 9/14-10/19 11-11:45 AM \$85/\$95

King Farm Park

Age: 5-7

10664 Th 9/19-10/24 5:30-6:15 PM \$85/\$95

Thomas Farm CC

Tennis (Adult/Child)

Want to learn tennis with your child? This class teaches tennis fundamentals to both adult and child at the same time. Great family activity. Price includes parent and one child; register child only. Adults should bring a racket. All other equipment is provided.

Age: 6-10

10560 Sa 9/14-10/19 5-5:50 PM \$89/\$99

Thomas Farm CC/Z.Yargici

10561 Su 9/15-10/20 10-10:50 AM \$89/\$99

10563 Su 9/15-10/20 11-11:50 AM \$89/\$99

King Farm Park/Z.Yargici

Tennis – 10 and Under

Using kid-sized rackets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racket and ball activities, and enjoyable tennis games. Junior rackets are provided.

Age: 5-7

10543 Th 9/19-10/24 5-5:50 PM \$75/\$85

Montrose CC and Park/Z.Yargici

Age: 5-7

10542 Sa 9/14-10/19 4-4:50 PM \$75/\$85

Thomas Farm CC/Z.Yargici

Age: 8-10

10541 Th 9/19-10/24 6-6:50 PM \$75/\$85

Montrose CC and Park/Z.Yargici

Age: 5-6

10550 Sa 9/14-10/19 9-9:50 AM \$75/\$85

King Farm Park/M.Yargici

Age: 7-9

10551 Sa 9/14-10/19 10-10:50 AM \$75/\$85

King Farm Park/M.Yargici

Tennis Skills and Drills

Develop and improve fundamental skills including use of proper grip, racket preparation and swing path. Participate in a variety of fun tennis drills and games that will keep you moving. Bring a racket and water bottle.

Age: 9-11

10549 Sa 9/14-10/19 11-11:50 AM \$75/\$85

King Farm Park/M.Yargici

Age: 12-15

10556 Sa 9/14-10/19 12-1:10 PM \$85/\$95

King Farm Park/M.Yargici

Tumbling and Tramp

Students learn a variety of tumbling skills from forward rolls to back handsprings, and progress to more difficult moves as skills are mastered. Trampoline skills, including proper jumping and landing, seat drops, straddle and tuck jumps, are also taught.

Age: 4-6

10701 F 9/20-10/25 5-6 PM \$95/\$105

Age: 7-12

10702 F 9/20-10/25 6:15-7:15 PM \$95/\$105

Xtreme Acro and Cheer/Staff

NEW! Super Strikes Soccer

This program offers an introduction to the world's most popular sport through fantasy-based games and fun activities. The program is designed to introduce the sport of soccer as well as capture the imagination and develop age-appropriate motor and creativity skills.

Age: 5-6

11198 Su 9/29-11/17 10-11AM \$150/\$160

SoFive Soccer Center/Staff

IT'S NOT TOO LATE!

LIMITED SPOTS MAY BE AVAILABLE

REGISTER FOR A

Fall Youth Sports League

Practices begin the week of Sept. 9

League play begins on

Sept. 21 – Soccer

Sept. 28 – Cross Country

Early Bird Registration:**Register by Aug. 22 and Save \$10****Registration Deadline: Aug. 29**

Co-Rec Soccer & Fall Cross Country

In partnership with the
City of Rockville**Rockville Football League:****Tackle** – ages 6-14

Practices begin Aug. 1

League play begins Sept. 7-8

For league details and to register, visit

rfl.cc.leag1.com

We Need Volunteer Youth Sports Coaches!

Interested in giving back to your community?
We have the perfect opportunity for you.
Volunteer to coach one of our youth sports leagues this spring:

- **Youth Soccer**
- **Cross Country**

For more information call **240-314-8620**
or email **sports@rockvillemd.gov**.

Sports Leagues**Youth Basketball Leagues**

Dribble your way into our exciting winter basketball program, which provides opportunities for girls and boys to compete in organized basketball leagues. Modified playing rules will be in effect. Coaches will inform participants regarding practice and game times and locations. There is one practice during the week, commencing the week of 12/2. Games begin 1/4 or 1/5. Times and locations are tentative and subject to change. Early Bird registration: Register by 10/24 and save \$5. Registration deadline is 10/31. Note: Returning players have priority to register for team they played on last year through deadline. New players will be placed after deadline if spaces are available.

Basketball – Mighty Mites**Boys Kindergarten**

Play 4 v 4

10468 Sa 1/4-2/8

9 AM-5 PM

\$76/\$86

Boys Grade 1

Play 4 v 4

10469 Sa 1/4-2/8

9 AM-5 PM

\$76/\$86

Boys Grade 2

Play 5 v 5

10470 Sa 1/4-2/8

9 AM-5:30 PM

\$76/\$86

Boys Grade 3

Play 5 v 5

10471 Sa 1/4-2/8

9 AM-5 PM

\$76/\$86

Girls Kindergarten

Play 4 v 4

10479 Sa 1/4-2/8

9 AM-5 PM

\$76/\$86

Girls Grade 1

Play 4 v 4

10480 Sa 1/4-2/8

9 AM-5 PM

\$76/\$86

Girls Grade 2

Play 5 v 5

10481 Sa 1/4-2/8

9 AM-5:30 PM

\$76/\$86

Girls Grade 3

Play 5 v 5

10482 Sa 1/4-2/8

9 AM-7 PM

\$76/\$86

Basketball – Girls**Pee Wee Grade 4**

Age: 9-10

10483 Sa 1/4-3/7

9 AM-5 PM

\$86/\$96

Bantam Grade 5

Age: 10-11

10484 Sa 1/4-3/7

9 AM-5 PM

\$86/\$96

Midget Grade 6

Age: 11-12

10485 Sa 1/4-3/7

9 AM-5 PM

\$86/\$96

Junior Grade 7

Age: 12-13

10486 Sa 1/4-3/7

9 AM-5 PM

\$86/\$96

Intermediate Grade 8

Age: 13-14
10487 Sa 1/4-3/7 9 AM-5 PM \$89/\$99

Associate Grade 9

Age: 14-15
10488 Sa 1/4-3/7 9 AM-5 PM \$89/\$99

Senior Grade 10 -12

Age: 16-18
10489 Sa 1/4-3/7 9 AM-5 PM \$89/\$99

Basketball – Boys

Pee Wee Grade 4

Age: 9-10
10491 Sa 1/4-3/7 9 AM-12 PM \$86/\$96

Bantam Grade 5

Age: 10-11
10492 Sa 1/4-3/7 12-7 PM \$86/\$96

Midget Grade 6

Age: 11-12
10493 Sa 1/4-3/7 12-5 PM \$86/\$96

Junior Grade 7

Age: 12-13
10494 Su 1/5-3/8 11:30 AM-5:15 PM \$86/\$96

Intermediate Grade 8

Age: 13-14
10496 Su 1/5-3/8 12-6 PM \$89/\$99

Associate Grade 9

Age: 14-15
10497 Su 1/5-3/8 3-7 PM \$89/\$99

Senior Grade 10

Age: 15-16
10498 Su 1/5-3/8 11 AM-3 PM \$89/\$99

Graduate Grade 11

Age: 16-17
10499 Su 1/5-3/8 11 AM-3 PM \$89/\$99

Collegiate Grade 12

12 Grade only must be attending High School
Age: 17-18
10500 Su 1/5-3/8 11 AM-3 PM \$89/\$99

Wrestling

The City is proud to sponsor a youth wrestling team to compete in the Montgomery County Wrestling League. Note: There is an additional fee payable by the family for AAU membership. Equipment and uniforms are provided. Practices begin 11/12 and 11/14 at Wootton HS, 6:30-8 p.m. Meets begin 1/4, Noon-5 p.m. at Walt Whitman HS. Wrestlers at least 6 years old by 1/1/20 are eligible. Wrestlers 14 years old by 1/1/20 are eligible. Register by: 10/31

Age: 6-14
10501 Sa 1/4-2/15 12-5 PM \$145/\$155

Worried about the weather?

Call the Sports League Line at 240-314-5055.



Four family movies. Four nights.
Four neighborhood Parks.

On the big screen every Wednesday

Aug. 7-28

Chairs, blankets, food and beverages are welcome.
Movies begin at dusk
(approximately 8 p.m.).

Aug. 7

Smallfoot (PG)

Calvin Park, 1248 Gladstone Drive

Aug. 14

The Mighty Ducks (PG)

Woodley Gardens Park, 900 Nelson St.

Aug. 21

The Little Mermaid (G)

Maryvale Park, 812 First St.

Aug. 28

Sherlock Gnomes (PG)

Potomac Woods Park, 1380 Stratton Drive

**[www.rockvillemd.gov/
moviesintheparks](http://www.rockvillemd.gov/moviesintheparks)**

Check Out Your Local Centers



Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek

Tuesday-Saturday 9 a.m.-5 p.m. • Sunday, 1-5 p.m.



Lincoln Park Community Center

www.rockvillemd.gov/lpcc

Monday-Saturday, 9 a.m.-9:30 p.m.
Sunday, 10 a.m.-6 p.m.



Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm

Monday-Friday, 6 a.m.-9:30 p.m.
Saturday, 8:30 a.m.-9:30 p.m.
Sunday, 10 a.m.-6 p.m. (April-Oct.)
and 9 a.m.-8:30 p.m. (Nov.-March)



Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook

Monday-Friday, 6 a.m.-9:30 p.m.
Saturday, 8:30 a.m.-9:30 p.m.
Sunday, 10 a.m.-6 p.m. (April-Oct.)
and 9 a.m.-8:30 p.m. (Nov.-March)

Spotlight on City of Rockville Parks and Facilities



Twinbrook Community Recreation Center

- The Twinbrook Community Recreation Center, opened in October 1999, is celebrating 20 years of operation this year.
- The beautiful 13,500-square-foot facility consists of a full-size gymnasium, fitness center, computer lab and multipurpose room. Also an annex building.
- Outside the building there is a playground, basketball courts and tennis courts. There is also a free Little Library book exchange.
- The bronze sculpture by artist Maraca Billing, titled "Taking Flight," depicting a father holding a child with birds flying overhead, graces the entrance to the center.
- 70,000 people visit the center each year.
- Twinbrook Community Center Supervisor Kelley Day Terry, Assistant Supervisor Khali Isreal and staff work hard to create a family atmosphere and sense of community for patrons.
- 1,400 programs are offered each year at TCRC.
- Some of the programs offered are an afterschool program, Teen Scene, yoga, badminton, pickleball, special events and much more.
- This year, the center was updated with new floors, new gym backboards and bleachers.
- For more information, visit our website www.rockvillemd.gov/twinbrook or call us at 240-314-8830.

Twinbrook Community Recreation Center

20-Year Anniversary

Saturday, Oct. 12
1 p.m.-3 p.m.

Celebrate 20 years with an afternoon of family-fun activities and a great way to connect, celebrate and create memories with your Twinbrook neighbors. Free event.

Fall Family Festival at Thomas Farm Community Center!

Sept. 28 • 2-3:30 p.m.

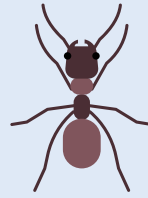
Snack on cider and doughnuts while enjoying a petting zoo, face painter, scarecrow building, carnival games and crafts.

Children must be accompanied by an adult and all participants must register. Preregistration strongly suggested.

Ages: 2+. Register for #10505
\$6R/\$8NR
\$8 per person at the door.



Croydon Creek Nature Center



852 Avery Road (off Baltimore Road) • Rockville, MD 20851
240-314-8770 • www.rockvillemd.gov/croydoncreek

Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. Some programs fill quickly. There are no registration deadlines, unless otherwise stated.



Connecting with Nature

Do you wish you could spend more time outdoors with your family? Would you like to discover more ways to connect yourself and your children to nature? This series presents adults with new and exciting ways to introduce themselves and children to the natural world.

Wild Tech

There are some amazing opportunities to use technology outside. Become familiar with some easy to use apps that can be fun for the whole family and get an Easy Macro Lens to take home. Register by 9/5.

Age: 18+
11190 Th 9/19 7-8 PM \$14/\$16

Last Child in the Woods

What is nature play? Why is it important? Learn about Nature Deficit Disorder and investigate some activities to engage in more nature play with your family. A copy of Richard Louv's "Last Child in the Woods" is included with each registration. Register by 10/10.

Age: 18+
11191 Th 10/24 7-8 PM \$14/\$16

Nature Journaling

Journaling can sound daunting but doesn't have to be. Explore the concept of nature journaling, basic techniques and how to do it with others. Relax and enjoy some down time. Cost includes a nature journal. Register by 10/31.

Age: 18+
11192 Th 11/14 7-8 PM \$14/\$16

Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register.

Creatures of the Night

Who comes out in the woods when the sun goes down? Owls hunt, bats fly and frogs sing. Learn more about the amazing creatures of the night and enjoy a campfire treat.

Age: 3+
11188 Sa 10/12 6:30-7:30 PM \$4/\$6

Fall Bird Walk

Discover the joy of watching birds! Join us on a morning walk for beginning birders. Learn how to use binoculars for birding, how to identify common local species, how to use bird guides and apps, and much more. Binoculars provided or bring your own.

Age: 18+
11193 Sa 10/5 8-9:30 AM \$5/\$6

Little Acorns

Explore nature with your little ones through a variety of play-based activities. Time will be spent outdoors, weather permitting. Adult participation required. Spaces are limited. Advanced registration recommended.

Age: 18-36 mos

Reptiles

11170 W 9/25 10-11 AM \$7/\$9

Creepy Crawlies

11171 Sa 10/5 10-11 AM \$7/\$9

Bats

11172 W 10/16 10-11 AM \$7/\$9

Squirrels

11173 Sa 11/2 10-11 AM \$7/\$9

Ready for Winter

11174 Sa 12/14 10-11 AM \$7/\$9

Bird Seed Sale

Check out our website in November for information on our annual bird seed sale.

www.rockvillemd.gov/croydoncreek

Natural Holiday Crafts (Adult/Child)

Spend the afternoon using a variety of natural or recycled objects to make holiday crafts and ornaments. Each participant will complete at least three projects. Adult participation required for children younger than age 8.

Age: 5+

11187 Su 12/8 2-3:30 PM \$12/\$14

Nature Lab

Explore nature inside and out with engaging hands-on and minds-on experiments and adventures. Time will be spent indoors and outdoors so dress for the weather!

Age: 9-11

Environmental Engineers

11185 Su 10/27 1:30-3 PM \$8/\$10

Features of Flight

11186 Su 11/24 1:30-3 PM \$8/\$10

Nature Tots (Adult/Child)

Discover the wonders of nature with your child. Each session, a naturalist helps you delve into a different nature topic through nature play, crafts, stories and hikes. Dress for the weather.

Adult participation required. Spaces are limited.

Age: 2-5

Camouflage

11176 Sa 9/21 10-11:30 AM \$8/\$10

Beavers

11177 Th 10/10 10-11:30 AM \$8/\$10

Spiders

11178 Sa 10/26 10-11:30 AM \$8/\$10

Trees & Leaves

11179 Th 11/7 10-11:30 AM \$8/\$10

Turkeys

11180 Sa 11/16 10-11:30 AM \$8/\$10

Birds of Prey

11181 Th 12/5 10-11:30 AM \$8/\$10

Outdoor Science Club

Young scientists investigate a variety of science topics through hands-on activities and time spent exploring the forest preserve.

Age: 6-8

Seed Science

11182 Su 9/22 1:30-3 PM \$8/\$10

Birding Basics

11183 Su 10/20 1:30-3 PM \$8/\$10

Raptors

11184 Su 11/17 1:30-3 PM \$8/\$10

Party on the Wild Side at Croydon Creek Nature Center

Birthday Party Themes

Classic Party (ages 3+; all year)

Classic With Craft (ages 3+; all year)

Feathers and Fur (ages 3+; all year)

Tracks and Trails (ages 3+; all year)

Meadow Mayhem (ages 4+; June-Sept)

Creek Crawl (ages 7+; June-Sept)

Geocaching Adventure (ages 8+; all year)

Party Planning Details

Birthday parties at Croydon Creek feature a fun-filled hour-long program led by a naturalist and are best suited for children ages 3 and older, with some parties designed for older children.

The birthday child receives one Wild Party T-shirt and each party guest receives a special nature craft to take home.

Scheduling a Party

Choose from the following times:

Saturdays: 10:30 a.m.-1 p.m. or 2-4:30 p.m.,

Sundays: 2-4:30 p.m.

Parties are scheduled year-round. Call Croydon Creek Nature Center at 240-314-8770 for more information and date availability.

Party Fees

Fee (up to 10 children): \$180/Rockville resident; \$204/non-Rockville resident. Add \$10 for each additional child, up to a maximum of 25 children. A \$50 non-refundable deposit is required to reserve the date. Deposits can be paid using either MasterCard or VISA, check or cash.

Croydon Creek nature parties are designed to educate and entertain with hands-on programs that highlight the wonders of nature. The Nature Center's staff will make sure you and your child have a memorable birthday experience, whether you are interacting with the much-loved reptiles and amphibians who live at the center, exploring the trails on a geocaching adventure, or enjoying a naturalist-led hike in the surrounding woods.

Croydon Creep

At the Nature Center

FRIDAY, OCT. 18 • 6-8 p.m.

Spooky Nature Hike • Magic Show • Hands-On Activities and Games

All ages welcome – Preregistration fee is \$6 per child for course #11257 and \$8 at the door the day of the event.

Adults and children under 2 are free.

All children must be accompanied by an adult.

Webelos Adventure Programs

INTO THE WOODS

**Sun., Oct. 6
2-4 p.m.**

INTO THE WILD

**Sun., Nov. 3
2-4 p.m.**

Naturalists will help you complete all of the necessary requirements.

All materials provided; however, pins are not supplied by the Nature Center. Programs held rain or shine. Dress for the weather.

Cost: \$14 residents; \$16 nonresidents.
For additional information or to register,
call Laura Fawks Lapole at 240-314-8771
or email lfawkslapole@rockvillemd.gov.

Green Your Backyard

**Saturday, Sept. 7
10-11:30 a.m.**

**Twinbrook Community
Recreation Center**

Learn about RainScapes Rewards and other city programs. Green your backyard and reduce pollution.

Topics include rain barrels, native plants and trees, permeable pavers and other environmental tips. Residents are eligible to enter a free raffle for a rain barrel.

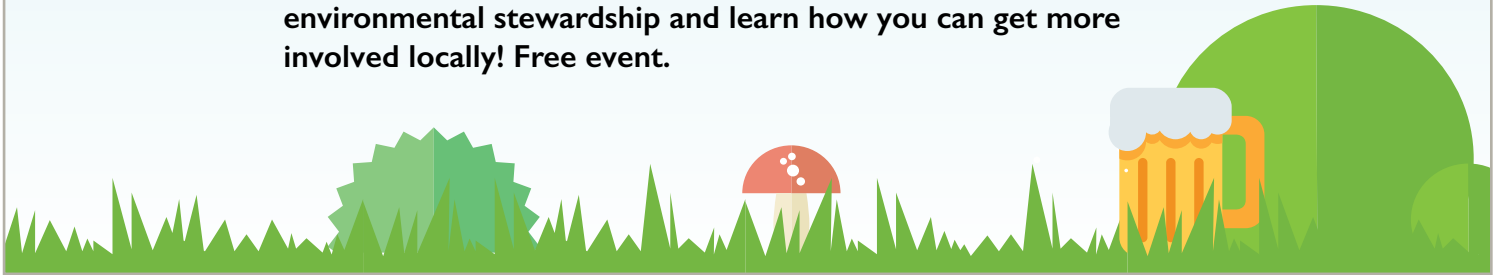
Open on a first-come, first-served basis;
Registration required. Register for #11207,
call the RainScapes coordinator at
240-314-8877 or email
rainscapes@rockvillemd.gov
with your name and address.

Green Rockville Happy Hour

at True Respite Brewing Company

Croydon Creek Nature Center and the Rockville Watersheds Committee invite you to stop by True Respite (7301 Calhoun Place #600) from 6-8 p.m. on Wednesday, Sept. 18 to learn about various environmental organizations and projects in the area.

Network with other individuals who have a passion for environmental stewardship and learn how you can get more involved locally! Free event.



Stream Clean-Up Meet-Up

at True Respite Brewing Company

Croydon Creek Nature Center and the Rockville Watersheds Committee invite you to stop by True Respite (7301 Calhoun Place #600) from noon-2 p.m. on Saturday, Oct. 12, following the stream cleanup at Maryvale Park that morning.

The event is family-friendly and open to all, with beer specials available for stream cleanup volunteers that are 21 and over. A food truck will also be onsite or bring your own lunch. Free event.



WHEN SCHOOLS ARE OUT,
REGISTER FOR A DAY OF FUN AT

visarts

Our Fall and Winter Camps
are staffed by creative professionals
and feature seasonal-themed projects.
Snacks are provided.

FALL CAMPS:

September 30
October 9

WINTER CAMPS:

December 23, 27, 30, 31
January 20, 27, 2020
February 17, 2020



Register at

www.visartscenter.org

155 Gibbs Street, Rockville, MD 20850 | 301-315-8200

Arts, Dance and Enrichment

Ballet Intensive

A course designed to give advanced ballet students an opportunity to concentrate on fundamental technique and increase strength and stamina. Course features a 90-minute technique class followed by a variation of pointe/pre-pointe work, strength and condition, and artistry. Bring a snack. Prerequisite Ballet Level Intermediate III & IV or permission from the instructor.

Age: 12+

9619 M-F 8/19-8/23 5:30-8:30 PM

\$149/\$159

Rockcrest Ballet Center/Simpson

Ballet Teen and Adult

Advanced students with five or more years of experience are welcome to learn advanced techniques. Participants who register for two or more ballet classes are eligible for a \$5 discount for one class. See "Adult and Children Ballet" for more classes. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet.

Age: 12+

Intermediate III and Beginner Pointe

10304 Th 9/12-12/12 5-6:30 PM

\$195/\$205

10306 Tu 9/10-12/10 5-6:30 PM

\$205/\$215

Age: 13+

Advanced

10302 M 9/9-12/9 5:45-7:15 PM

\$195/\$205

10305 W 9/11-12/11 5:45-7:15 PM

\$205/\$215

Rockcrest Ballet Center/Simpson/Chongpinitchai

Before and Afterschool Enrichment

Teen Chat Room

Back by popular demand! Mini two-day a week teen after-school program provides a fun cool place for teens to hang out, have access to the computer lab and game room. Snack, homework help, mentoring, games and activities are provided. There will be small opportunities to earn Student Service Learning hours. Trips and special events are planned by the teens. MCPS Transportation is available from Julius West and Wood middle schools. Program meets on early release days.

Grade: 6-10

Session I

10248 Tu,Th 9/3-12/20 2:30-6 PM

\$100/\$120

Session II

10249 Tu,Th 1/6-4/3 2:30-6 PM

\$100/\$120

Session III

10250 Tu,Th 4/14-6/15 2:30-6 PM

\$100/\$120

Lincoln Park CC

Twinbrook Teen Scene

The Teen Scene program provides a safe, healthy environment that promotes positive youth development. Participants have daily opportunities for study time and can choose from a wide range of recreational activities conducted under the guidance and supervision of staff members. Transportation is available from Julius West and Wood middle schools, Twinbrook and Meadow Hall elementaries. Program does meet on MCPS early release days.

Grade: 5-8

10216 M-F 9/3-10/11 2:30-6:30 PM \$130/\$140

10217 M-F 10/14-11/22 2:30-6:30 PM \$130/\$140

Twinbrook CRC

Fitness

Pilates – Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+

11146 Th 9/5-10/24 10:15-11:15 AM \$88/\$106

Rockville Swim and Fitness Center/Kolanowski

11094 Su 9/8-10/20 9:15-10:15 AM \$77/\$93

Rockville Swim and Fitness Center/Horsey

10981 Su 10/27-12/15 9:15-10:15 AM \$77/\$93

Rockville Swim and Fitness Center/Horsey

11095 Th 10/31-12/19 10:15-11:15 AM \$77/\$93

Rockville Swim and Fitness Center/Kolanowski

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

11098 M 10/28-12/16 7-8 PM \$80/\$96

Rockville Swim and Fitness Center/Khrolenko

Yoga for Teens

All 12-16 year old aspiring yogis are invited to experience yoga poses, breathing and relaxation techniques, and meditation.

This fun class for teens helps reduce stress and increase body awareness. Bring a yoga mat and wear comfortable clothing.

Age: 12-16

10169 Su 6/23-8/11 10:15-11:15 AM \$89/\$107

11147 Su 9/8-10/20 10:15-11:15 AM \$89/\$107

11150 Su 10/27-12/15 10:15-11:15 AM \$89/\$107

Rockville Swim and Fitness Center/ Khrolenko

DISCOUNTED THEME PARK TICKETS

On
Sale
Now



For parks, prices
and information visit

www.rockvillemd.gov/themeparks

or call 240-314-5024.



355 Martins Lane
(behind Swim and Fitness Center)

Fall hours: Sept. 3-Oct. 31

Friday: 4-9 p.m.

Saturday: 10 a.m.-8 p.m.*

Sunday: Noon-8 p.m.

Staff on site while park is open.

***Saturdays 10 a.m.-noon reserved for
beginner skaters 15 and younger**

**Visit rockvillemd.gov/skatepark
for updates.
Helmets required.**

Martial Arts

Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Students should attend two classes per week.

Age: 13+

Pick any two days \$129/\$139

10678 Su 9/22-10/20 8:45-9:30 AM

10682 M 9/23-10/21 8:25-9:10 PM

10683 Tu 9/24-10/22 8:15-9 PM

10692 W 9/25-10/23 8:15-9 PM

10693 Th 9/26-10/24 8-8:45 PM

Kicks Karate/Staff

Sports – Instructional

Basketball Skills and Development

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations.

Age: 13+

10697 Th 9/19-11/7 6:30-7:25 PM \$85/\$95

Thomas Farm CC/Jordan

Summer Basketball Skills Clinic

Receive extra training and specialized instruction on shooting, offensive moves, ball handling, dribbling skills, team strategies and more. Learn proper techniques through a variety of drills and gain confidence with daily scrimmages in game-like situations.

Age: 12-17

10209 M-F 8/26-8/30 1-4 PM \$149/\$159

Thomas Farm CC/Jordan

Teen Events

Teen Lock-In

Teens, are you ready to take over the Thomas Farm Community Center? Get ready because we have a lot planned. This after-hours event will have everything you're looking for. Get ready for a night of fun games, music, delicious food and more. We are pulling out the BIG screen for the best and the biggest video game tournament you have ever seen and, yes, we have Fortnite. For those who aren't into video games, get ready for a cooking war. Participants are supervised all night by City of Rockville staff. Boys and Girls sleep in different rooms. Food and snacks are provided. Bring your sleeping bag, pillow and comfortable shoes for sports. All participants must check in by 9 p.m.

Age: 10-13

11189 F, Sa 11/8-11/9 8:00 PM-8:30 AM \$75/\$85

Thomas Farm CC

Trips

Friday Night Ski Club

Head to Ski Liberty in the comfort of a coach bus every Friday night for eight weeks. Fee includes supervision, bus transportation, mandatory helmet and the ski package you select. Pick-up and drop-off is at Robert Frost Middle School. Both residents and nonresidents may register starting at 8:30 a.m. Aug. 1. Spaces are limited and fill quickly.

Age: 11-17

Lift Only

10325 F 1/3-2/21 3:30-11 PM \$550/\$600

Lift, Lesson and Rental Package

10326 F 1/3-2/21 3:30-11 PM \$630/\$680

Robert Frost Middle School



**HALLOTEEN
FIELD OF SCREAMS
TRIP**

**Friday, Oct. 11
6-10:30 p.m.**

**Thomas Farm Community Center
Course #10741 • Fee: \$60R/65NR**

The bravest of the brave are invited to join us for an evening of fright and fear at the Field of Screams in Olney, Maryland. Your fearless child will be put to the test at all four terrifying haunted attractions Field of Screams has to offer, which includes both trails, factory, hayride and a fast pass. Transportation is available from the Thomas Farm Community Center and your child will be accompanied by City of Rockville staff. If you think your child is ready to face their fears, sign-up now and be ready to wander the dark forest. For teens in grades 6-10.

Help Rockville Youth Become a



- Work with elementary school students.
- One-on-one mentoring, one hour before or after school once a week, October-May.
- Training and support provided.
- Meet in a supervised group setting.

No special skills needed. Just a willingness to listen, offer guidance, friendship and encouragement.

Service learning hours available
for high school students over age 16.

Learn more about the Rockville Mentoring Program
by calling Kate Bouwkamp at
240-314-8317 or
email kbouwkamp@rockvillemd.gov.

Support the Rockville Holiday Drive!

Ways you can make a difference:

- Pack Thanksgiving food baskets
- Organize a canned food drive
- Deliver food baskets
- Assist with our on-site distributions
- Organize a toy drive to collect new unwrapped toys
- Donate \$20 gift certificates for Target or Giant
- Sponsor a family: Individuals or groups buy gifts and food for the December holidays, tailored to a specific family's need (usually valued around \$250)
- Send a tax-deductible contribution

240-314-8310

www.rockvillemd.gov/holidaydrive

44th Annual



Rockville 10K/5K

Sunday, Nov. 3

Road Closed: 8 a.m. • Race Begins: 8:30 a.m.
Start/Finish: King Farm Village Center, Rockville

**Register online www.rockville10k5k.com
until Oct. 31**

Race Fees: 10K/5K Early bird rate: \$30 through
Friday, June 28.

\$35 online/mail-in through Thursday, Oct. 31

\$45 packet pick up, Nov. 2 and walk-up on race
day Sunday, Nov. 3.

Kids 1-Mile Fun Run: \$12

Late Registration and Packet Pick-up Location:

RNJ SPORTS
11910-R Parklawn Drive, Rockville, MD 20852
Saturday, Nov. 2
11 a.m.-5 p.m.

Race Day Morning, Nov. 3
7:30-8:15 a.m.
(at King Farm Village Center)





Family Resource and Movie Night

Friday, Aug. 23 • 7 p.m.
Lincoln Park Community Center and Israel Park

- Community resource information tables
- Movie and popcorn (movie begins at sunset)
- Bring your dinner, chairs, and blankets.

Brought to you by Lincoln Park Community Center, City of Rockville, Linkages to Learning, and Rockville Housing Enterprises.

240-314-8780 • www.rockvillemd.gov/lpcc

Arts, Dance and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes are eligible for a \$5 discount for one class.

Age: 13+

Beginner-Intermediate

10297 M 9/9-12/9 7:15-8:30 PM \$169/\$179

Rockcrest Ballet Center/Chongpinitchai

10299 Th 9/12-12/12 8-9:15 PM \$169/\$179

Rockcrest Ballet Center/Simpson

Intermediate

10300 Tu 9/10-12/10 8-9:15 PM \$179/\$189

Rockcrest Ballet Center/Simpson

Advanced

10303 Th 9/12-12/12 6:30-8 PM \$195/\$205

Rockcrest Ballet Center/Chongpinitchai

10307 Tu 9/10-12/10 6:30-8 PM \$205/\$215

Rockcrest Ballet Center/Simpson

Bollywood Bhangra Dance

Awaken the joy in your heart with this energetic and fun dance form, set to the soul-stirring rhythms of India. This class will combine Bollywood dance (as seen in Indian films) and Bhangra (North Indian folk dance). You will learn a choreographed piece, but emphasis will be on having fun and not on getting it perfect! Class will also include some free dance time. Suited for all levels. Please wear comfortable clothing; shoes optional.

Age: 16+

10273 W 10/2-11/6 7:30-8:30 PM \$60/\$65

Thomas Farm CC/Khatri

Getting Paid to Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under direction from a producer. Learn what the pros look for, how to prepare and where to find work in your area.

Age: 18+

10262 M 12/9 6:30-9 PM \$25/\$30

Rockville Senior Center/Voice Coaches

Fitness

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+

10535 W 9/18-11/20 6:30-7:30 PM \$66/\$76

Twinbrook CRC/Holland

10557 W 9/11-11/20 6:20-7:15 PM \$79/\$89

Thomas Farm CC/Ramsey

10576 W 11/27-12/11 6:20-7:15 PM \$25/\$30

Thomas Farm CC/Ramsey

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower-back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

10811 M 9/9-10/21 12:45-1:15 PM \$35/\$42

Rockville Swim and Fitness Center

11167 M 9/9-10/21 8:05-8:35 PM \$35/\$42

Rockville Swim and Fitness Center

10826 M 10/28-12/16 12:45-1:15 PM \$40/\$48

Rockville Swim and Fitness Center/Gwet

10832 M 10/28-12/16 8:05-8:35 PM \$40/\$48

Rockville Swim and Fitness Center

10831 W 9/4-10/23 12:45-1:15 PM \$40/\$48

Rockville Swim and Fitness Center

10824 W 9/4-10/23 8:05-8:35 PM \$40/\$48

Rockville Swim and Fitness Center

10833 W 10/30-12/18 12:45-1:15 PM \$40/\$48

Rockville Swim and Fitness Center

10827 W 10/30-12/18 8:05-8:35 PM \$40/\$48

Rockville Swim and Fitness Center

10825 F 9/6-10/25 12:45-1:15 PM \$40/\$48

Rockville Swim and Fitness Center

10812 F 11/1-12/20 12:45-1:15 PM \$35/\$42

Rockville Swim and Fitness Center

Body Sculpt

Be prepared to sweat! This total-body workout combines high-intensity interval training, strength training and heart-pumping cardio to invigorate and strengthen your body. Easy-to-follow moves with up-tempo music to increase your heart rate, stamina and energy level. Class concludes with abdominal work and stretching. All abilities welcome.

Age: 16+

10854 Tu 9/3-10/22 5:30-6:25 PM \$64/\$77

10855 Tu 10/29-12/17 5:30-6:25 PM \$64/\$77

Rockville Swim and Fitness Center/Johnson

Fall 2019 RBAC Events

Tuesday Evening Rides

Aug. 6, 13, 20, 27 • 6:30 p.m.

Starts at Rockville Civic Center Park.

Carl Henn Millennium Trail Rides

Sunday, Aug. 18 • 10 a.m.

Starts at Wootton High School.

Sunday, Oct. 20 • 10 a.m.

Starts at Lincoln Park Community Center.

Carl Henn Annual Memorial Ride

Sunday, Sept. 15 • 10 a.m.

Starts at Thomas Farm Community Center.

Rockville Bike Advisory Committee

rockvillebikerides@gmail.com

www.facebook.com/bikerockville

www.meetup.com/bikerockville

www.rockvillemd.gov/rbac



The Rockville Sister City Corporation

Invites you to join us for



Taste of Dim Sum

Sunday, Aug. 11
2-4 p.m.

China Garden Restaurant
11333 Woodglen Drive, Rockville
\$25 per person (includes tax and tip)
RSVP by Aug. 6

German-American Day Dinner

Sunday, Oct. 6
2-4 p.m.

Old Europe Restaurant
2434 Wisconsin Ave., Washington, D.C.
Cost: \$45 per person (includes tax and tip)
RSVP by Sept. 27
Shuttle bus from City Hall available

Send your check to RSCC, c/o Rockville City Hall,
111 Maryland Ave., Rockville, MD 20850
or pay via PayPal at www.rockvillesistercities.org/wp/purchase-donate and "Add special instructions to the seller" stating name(s) of attendees, contact phone number(s) and email.

For more information email
rockvillesistercities@gmail.com
or call 240-314-5029

Fitness

Bootcamp – Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

10875	W	9/4-10/23	5:30-6:30 PM	\$64/\$77
Rockville Swim and Fitness Center/Silverman				
10876	Th	9/5-10/24	9:10-10:10 AM	\$64/\$77
Rockville Swim and Fitness Center/Gwet				
10856	M	10/28-12/16	5:45-6:45 PM	\$64/\$77
Rockville Swim and Fitness Center/Horsey				
10877	W	10/30-12/18	5:30-6:30 PM	\$64/\$77
Rockville Swim and Fitness Center/Silverman				
10849	Th	10/31-12/19	9:10-10:10 AM	\$56/\$67
Rockville Swim and Fitness Center/Gwet				

Bootcamp – Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

10857	W	9/4-10/23	6:30-7:30 AM	\$64/\$77
Rockville Swim and Fitness Center/Horsey				
10859	F	9/6-10/25	6:30-7:30 AM	\$64/\$77
Rockville Swim and Fitness Center/Gwet				
11253	M	9/9-10/21	6:30-7:30 AM	\$56/\$67
Rockville Swim and Fitness Center/Gwet				
11255	M	9/9-10/21	7-8 PM	\$56/\$67
Rockville Swim and Fitness Center/Horsey				
10862	W	10/30-12/18	6:30-7:30 AM	\$64/\$77
Rockville Swim and Fitness Center/Horsey				
10840	Th	10/31-12/19	6-7 PM	\$56/\$67
Rockville Swim and Fitness Center				
10841	F	11/1-12/20	6:30-7:30 AM	\$56/\$67
Rockville Swim and Fitness Center/Gwet				

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape with a class that combines boxing, martial arts and aerobics. This total-body workout helps increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

10879	Th	9/5-10/24	7-8 PM	\$64/\$77
10851	Th	10/31-12/19	7-8 PM	\$56/\$67
Rockville Swim and Fitness Center/DiTullio				

Cardio Strength

Challenge yourself with this demanding workout. The class starts with a quick warm-up followed by high-intensity intervals of cardio and strength training, finishing with a full-body stretch. The focus is on maintaining great form throughout all of the movements.

Age: 16+

10863 Tu 9/3-10/22 12-12:45 PM \$64/\$77

10864 Tu 10/29-12/17 12-12:45 PM \$64/\$77

Rockville Swim and Fitness Center/Khrolenko

Cardio, Sculpt and Tone

Enjoy 15 minutes of cardio, 15 minutes of strength training and 15 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape.

Bring a mat and weights.

Age: 16+

10538 Sa 9/14-11/23 8:30-9:30 AM \$88/\$98

10577 Sa 11/30-12/14 8:30-9:30 AM \$25/\$30

Rockville Senior Center/Ramsey

Circuit Cardio

A quick workout designed for those who can't fit in a long exercise program. Class includes cardio, core work and weight training. Segments of step work are included along with a variety of strength-building exercises. Bring a mat and weights.

Age: 16+

10531 Th 9/12-11/14 5:45-6:15 PM \$44/\$52

10580 Th 11/21-12/12 5:45-6:15 PM \$13/\$16

Rockville Senior Center/Ramsey

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low-impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome.

Bring a mat and weights.

Age: 16+

10555 Tu 9/10-11/26 5:30-6:15 PM \$85/\$95

10578 Tu 11/26-12/10 5:30-6:15 PM \$25/\$30

Thomas Farm CC/Webb

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. Six different stations feature exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights are used.

Age: 16+

10865 Tu 9/3-10/22 11:15 AM-12 PM \$64/\$77

10867 Tu 10/29-12/17 11:15 AM-12 PM \$64/\$77

Rockville Swim and Fitness Center/Khrolenko

10866 Th 9/5-10/24 11:15 AM-12 PM \$64/\$77

10842 Th 10/31-12/19 11:15 AM-12 PM \$56/\$67

Rockville Swim and Fitness Center/Kolanowski



VisAbility Art Lab

A **visarts** PROGRAM

HELPING ARTISTS REACH THEIR POTENTIAL

The VisAbility Art Lab is a supported art studio for emerging adult artists with intellectual and developmental disabilities who have an interest in making art part of their professional careers.



Learn more at

www.visartscenter.org/visability-art-lab

155 Gibbs Street, Rockville, MD 20850 | 301-315-8200

NEW! Foam Rolling and Joint Mobility

This class blends foam rolling techniques with joint mobility to relieve muscular tension, increase circulation and help build stronger more resilient joints.

Age: 16+

11244	F	9/6-10/25	6:15-7:15 PM	\$64/\$77
11245	F	11/1-12/20	6:15-7:15 PM	\$56/\$67

Rockville Swim and Fitness Center/Khrolenko

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

10868	Th	9/5-10/24	12-12:45 PM	\$64/\$77
10843	Th	10/31-12/19	12-12:45 PM	\$56/\$67

Rockville Swim and Fitness Center

NEW! In Motion

This class is designed for anyone who wants to increase balance while building a healthy mind/body connection. Perfect for seniors looking for ways to reduce risk of falling or athletes seeking better body control and reduced risk of injury.

Age: 55+

10828	Tu	9/3-10/22	12:45-1:15 PM	\$40/\$48
10829	Tu	10/29-12/17	12:45-1:15 PM	\$40/\$48

Rockville Swim and Fitness Center/Khrolenko

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper-body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and a stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

10830	Th	9/5-10/24	12:45-1:15 PM	\$40/\$48
10813	Th	10/31-12/19	12:45-1:15 PM	\$35/\$42

Rockville Swim and Fitness Center

Lo by Jazzercise

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation. Bring a mat and weights.

Age: 16+

10539	M	9/23-12/9	6:45-7:45 PM	\$99/\$109
10566	W	9/25-12/11	6:45-7:45 PM	\$99/\$109

College Gardens Elementary School/Proctor

Metabo Body Blast

Pump up your metabolism as you get fit through an energizing cardio workout, strength training and core work. Burn calories, improve endurance, stamina and flexibility. Bring a mat and weights.

Age: 16+

10537	M	9/9-11/25	6:15-7 PM	\$87/\$97
10589	M	12/4-12/18	6:15-7 PM	\$25/\$30

Thomas Farm CC/Ramsey

NEW! MixxedFit(c)

Try this people-inspired fitness class, which combines explosive movements and body-weight toning. It is also classified as dance fitness, combining both cardio and toning for a total body workout.

Age: 18+

11195	M	9/16-11/4	7-8 PM	\$69/\$79
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Twinbrook CRC/Newman

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat.

Age: 16+

10286	Tu	9/10-11/26	7:30-8:25 PM	\$119/\$129
10266	Tu	12/3-12/17	7:30-8:25 PM	\$45/\$50

Rockville Swim and Fitness Center/Poole

Pilates – Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+

10287	Tu	9/10-11/26	6:30-7:25 PM	\$119/\$129
10267	Tu	12/3-12/17	6:30-7:25 PM	\$45/\$52

Rockville Swim and Fitness Center/Poole

Pilates – Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance, and incorporates stability, strength and awareness of the core.

Age: 16+

11146	Th	9/5-10/24	10:15-11:15 AM	\$88/\$106
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Rockville Swim and Fitness Center/Kolanowski

11094	Su	9/8-10/20	9:15-10:15 AM	\$77/\$93
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Rockville Swim and Fitness Center/Horsey

10981	Su	10/27-12/15	9:15-10:15 AM	\$77/\$93
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Rockville Swim and Fitness Center/Horsey

11095	Th	10/31-12/19	10:15-11:15 AM	\$77/\$93
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Rockville Swim and Fitness Center/Kolanowski

NEW! Postnatal Yoga Mama

This is for the new yoga mama's. Enjoy the treat of self-care, while bonding with your new child. After 9-months of extreme change, it is important to approach a safe corrective core and pelvic floor conditioning practice. The abdominal muscles need time and care to return to their pre-pregnancy condition. These classes are designed to provide the traditional de-stressing effects of a yoga class with specific attention to postpartum recovery. Bring a mat.

Age: 18+

10278	Su	9/8-10/27	4-5:15 PM	\$89/\$99
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Thrive Yoga/Staff

All - Center Drop - In Pickle Ball and Badminton

Pickleball:

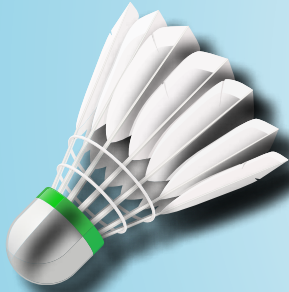
TCRC: Wednesday, 7-9 p.m.

TFCC: Wednesday and Thursday, 10 a.m.-noon
Friday, 4-6 p.m.

New! Tuesday, 1-3 p.m. Beg./Adv. Beginner



Badminton:



TCRC: Thursday, 7-9 p.m.

Sunday, 3-6 p.m. (March-December)

TFCC: Tuesday, 7:15 p.m.-9:30 p.m.

Friday, 11:15 a.m.-1:15 p.m.

Sunday, 5:30-8:30 p.m. (November-March)

Sunday, 3-6 p.m. (April-October)

Combo all-center memberships (excludes fitness memberships)

\$90 Residents • \$105 Nonresidents

Ask about our fitness memberships

Lincoln Park Community Center (LPCC)

357 Frederick Ave. • 240-314-8780

Thomas Farm Community Center (TFCC)

700 Falls Grove Drive • 240-314-8840

Twinbrook Community Recreation Center (TCRC)

12920 Twinbrook Parkway • 240-314-8830

Rockville Events Sponsorship Opportunities

REACH NEW AUDIENCES

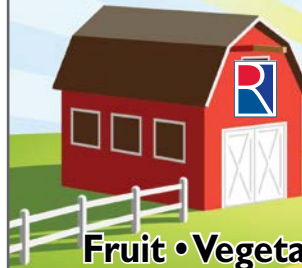
Sponsor benefits include on-site booth and signage, logo on materials, mentions on social media and more, depending on level of support.

Contact:

240-314-8658 • edeal@rockvillemd.gov



Rockville Farmers Market



**Fruit • Vegetables • Meat • Flowers
Cheese • Bread • Baked Goods**

Saturdays

May 18-Nov. 23

9 a.m.-1 p.m.

Corner of Rt. 28 and Monroe St.

WIC and EBT/SNAP accepted

[www.Facebook.com/
RockvilleFarmersMarket](http://www.Facebook.com/RockvilleFarmersMarket)



HOSTED BY THE CITY OF ROCKVILLE MAYOR AND COUNCIL

Rockville Antique and Classic Car Show

Saturday, Oct. 19

11 a.m.-3:30 p.m.

Rockville Civic Center Park, 603 Edmonston Dr.

2019 Vehicle Eligibility: Open to motor vehicles (no custom/modified cars) up to and including the 1994 model year. Visit the event website to download a registration form.

www.rockvillemd.gov/carshow • 240-314-8620



Fitness

Power Conditioning

Train like the pros! This class is not for beginners. Build core strength and endurance, increase your agility and flexibility, and take your fitness level from average to elite. This class focuses on increasingly complex plyometric exercises and calisthenics to help your muscles reach the maximal force in the shortest amount of time.

Age: 16+

10844	Sa	9/7-10/19	8-9 AM	\$56/\$67
10845	Sa	10/26-12/14	8-9 AM	\$56/\$67

Rockville Swim and Fitness Center/Khrolenko

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 pound weights.

Age: 16+

10536	M	9/9-11/25	9:30-10:30 AM	\$92/\$102
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Thomas Farm CC/Fleishman

10540	W	9/11-11/27	9:30-10:30 AM	\$92/\$102
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Thomas Farm CC/Fleishman

10594	M	12/2-12/16	9:30-10:30 AM	\$25/\$30
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Thomas Farm CC/Fleishman

10596	W	12/4-12/18	9:30-10:30 AM	\$25/\$30
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Thomas Farm CC/Fleishman

Strength Training with Cardio

Enjoy this new total conditioning class that uses strength and cardio exercises with plyometric moves to improve overall fitness. Strengthen your core, tone muscles, and improve coordination and agility. Bring a mat and weights to class.

Age: 16+

10554	Th	9/12-11/21	6:30-7:15 PM	\$85/\$95
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10788	Th	12/5-12/19	6:30-7:15 PM	\$25/\$30
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Rockville Senior Center/Ramsey

Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

Age: 16+

10815	Su	9/8-10/20	11:20-11:50 AM	\$35/\$42
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10814	Su	10/27-12/15	11:20-11:50 AM	\$35/\$42
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Rockville Swim and Fitness Center/Khrolenko

Yoga – Balance, Flexibility, Mood & Strength

Release tension, de-stress and refresh by practicing gentle yoga postures. Calm restless thoughts, cultivate concentration, support mental clarity and confidence using breath techniques and meditation practices. The heart of each class is a sequence of postures that stretch, strengthen and balance your body. Class includes sitting, standing and lying. Check with your doctor before enrolling. Bring a yoga mat and sturdy blanket or bath sheet to class.

Age: 16+

10294	M	9/9-12/2	1-2 PM	\$112/\$122
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Thomas Farm CC/Neves

Yoga – Beginner and Continuing

Be introduced to traditional yoga techniques such as meditation, breathing exercises, basic yoga positions and deep relaxation. Bring a yoga mat and a smile.

Age: 16+

10285	Th	9/12-11/14	6:30-7:25 PM	\$72/\$82
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Twinbrook CRC/Goodfriend

Yoga – Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+

11156	Tu	9/3-10/22	9:15-10:15 AM	\$109/\$123
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Rockville Swim and Fitness Center/Mendoza

11157	F	9/6-10/25	9:15-10:15 AM	\$109/\$123
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Rockville Swim and Fitness Center/Mendoza

11158	Tu	10/29-12/17	9:15-10:15 AM	\$109/\$123
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Rockville Swim and Fitness Center/Mendoza

11148	F	11/1-12/20	9:15-10:15 AM	\$95/\$108
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Rockville Swim and Fitness Center/England

Yoga – Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 16+

11154	W	9/4-10/23	9:15-10:15 AM	\$109/\$123
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Rockville Swim and Fitness Center?England

11140	Sa	9/7-10/19	9:15-10:15 AM	\$95/\$108
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Rockville Swim and Fitness Center/Khrolenko

11141	Sa	10/26-12/14	9:15-10:15 AM	\$95/\$108
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Rockville Swim and Fitness Center/Khrolenko

11155	W	10/30-12/18	9:15-10:15 AM	\$109/\$123
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Rockville Swim and Fitness Center/England

Fitness

Yoga – Gentle with Stretching

Learn simple ways of bringing the benefits of a yoga practice into your daily life for greater well-being. Enjoy a meditative experience with restorative and gentle poses, stretches, movements and breath. No prior yoga experience required. Good for all levels. Positions and stretches are accessible to most individuals. Bring a mat, yoga strap and Mexican blanket to class.

Age: 16+

10295 Th 9/12-12/5 7:30-8:45 PM \$145/\$155
Rockville Senior Center/Neves

Yoga – Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+

10298 M 9/9-12/2 7:30-8:45 PM \$145/\$155
Thomas Farm CC/Neves

Yoga – Power

Using the time-honored wisdom of yoga, this practice is a dynamic combination of strength, sweat and spirituality. Power Yoga detoxifies, heals and electrifies. This accessible, challenging and flowing form of yoga will lead you to a state of transformation. It will sculpt, tone and hone the muscles of your body and your mind. All levels are welcome. Please bring a yoga mat, water and towel to class.

Age: 16+

10309 W 9/18-11/6 7:40-8:40 PM \$72/\$82
Rockville Senior Center/Nair

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, and increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

11159 W 9/4-10/23 7-8 PM \$109/\$123
Rockville Swim and Fitness Center/Khrolenko
11149 M 9/9-10/21 9:15-10:15 AM \$95/\$108
Rockville Swim and Fitness Center/Mendoza
11160 M 10/28-12/16 9:15-10:15 AM \$109/\$123
Rockville Swim and Fitness Center/Mendoza
11161 W 10/30-12/18 7-8 PM \$109/\$123
Rockville Swim and Fitness Center/Khrolenko

Yoga with Weights

This intensive class strengthens, tones, relaxes and increases your flexibility through a combination of free weights and specific yoga postures, along with practicing traditional yoga positions. Students should wear comfortable clothing, bring a yoga mat and water.

Contact pgnairzen@gmail.com with any questions. Class is for beginner and continuing yoga students.

Age: 16+

10272 Su 9/15-11/3 10:30-11:30 AM \$72/\$82
10276 Su 11/10-12/15 10:30-11:30 AM \$50/\$55
Rockville Senior Center/Nair

Zumba – Dance Fitness

This is Latin dance at its finest. It is a high-energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Classes are taught by licensed Zumba instructors.

Age: 16+

10260 Th 9/12-10/24 7-8 PM \$52/\$62
Thomas Farm CC/Newman

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international-inspired program, this high-energy, low-impact class has something to offer all fitness levels.

Age: 16+

10870 Th 9/5-10/24 6:05-6:50 PM \$64/\$77
Rockville Swim and Fitness Center/Creel
10872 W 10/30-12/18 6:05-6:50 PM \$64/\$77
Rockville Swim and Fitness Center/Johnson
10846 Th 10/31-12/19 7:05-7:50 PM \$56/\$67
Rockville Swim and Fitness Center/Creel
10847 F 11/1-12/20 12-12:45 PM \$56/\$67
Rockville Swim and Fitness Center

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1- or 2-pound weights.

Age: 16+

10873 W 9/4-10/23 12-12:45 PM \$64/\$77
10848 Sa 9/7-10/19 11-11:45 AM \$56/\$67
10836 Sa 10/26-12/14 11-11:45 AM \$56/\$67
10874 W 10/30-12/18 12-12:45 PM \$64/\$77
Rockville Swim and Fitness Center/Ko/DiTullio

Martial Arts

Fencing – Beginner

Designed to introduce beginners to the Olympic sport of fencing, this course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

10567	Tu	9/17-11/12	7-8:20 PM	\$128/\$140
10572	Sa	9/21-11/16	2-3:20 PM	\$128/\$140
10573	Su	9/22-11/17	11:25 AM-12:45 PM	\$128/\$140

Rockville Fencing Academy/Staff

Karate for Teens/Adults

Our teen and adult program involves a great physical workout and more! We also focus on mental and emotional self-defense and developing respect for others. Classes are structured to promote personal development and goals are set for improvement. Fee includes equipment and uniform for first-time students. Class schedules are flexible and make-ups are available as needed. Students should attend two classes per week.

Age: 13+

Pick any two days				\$129/\$139
10678	Su	9/22-10/20	8:45-9:30 AM	
10682	M	9/23-10/21	8:25-9:10 PM	
10683	Tu	9/24-10/22	8:15-9 PM	
10692	W	9/25-10/23	8:15-9 PM	
10693	Th	9/26-10/24	8-8:45 PM	

Kicks Karate/Staff

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+

10534	Tu	9/17-11/5	7-8 PM	\$55/\$65
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Elwood Smith Park/Lamb

NEW! Zen Budo Self Defense

Learn Goshin-Jitsu, the art of self-defense, which is part of most martial arts but rarely taught in other classes. Students learn pressure points, takedowns, grappling and how to escape in real self-defense situations. Partner work and practical, simple strategies are emphasized with minimal warm-ups. Beginners and students with previous experience in any style of martial art are welcome. Sign up for once a week or three times a week. Students who sign up for three times a week receive a free uniform. \$30 uniform fee is due at the second class for students attending once per week. Rates below will be charged at the time of registration and again on Oct. 15.

Age: 12+

10742	M,W,Th	9/16-11/14	7:30-8:30 PM	\$110/\$120
11231	M	9/16-11/14	7:30-8:30 PM	\$75/\$85
11232	W	9/16-11/14	7:30-8:30 PM	\$75/\$85
11233	Th	9/16-11/14	7:30-8:30 PM	\$75/\$85

Elwood Smith Park/Bowers

Officials Needed!



Youth and Adult Leagues

**Weekday Evenings and Weekends:
Youth and Adult Soccer,
Adult Softball
and Men's Basketball.**

For more information,
call 240-314-8620 or
email us at sports@rockvillemd.gov.

**Sign up for City of Rockville
Emergency Notifications**



**ALERT
Rockville**

rockvillemd.gov/alerts

Public Safety • Severe Weather • Traffic

The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information – mobile phone number, home phone number, email.
5. Enter up to five locations.

**For more information and to sign up,
visit www.rockvillemd.gov/alerts**

Sports – Instructional

NEW! Inclusive Basketball

The Inclusive Basketball program provides socialization, playing and training opportunities for people of different abilities from the surrounding community and City of Rockville. All skill levels are welcome to have fun and interact with others.

Age: 16+

11256 M 9/9-10/14 6-7 PM \$30/\$35
Thomas Farm CC

Pickleball (Indoors)

A paddle sport that is a cross between tennis, badminton and ping pong where you hit a whiffle ball over a badminton-sized court. If you've never played this sport before this class is designed for you. It's easy to learn and fun to play. This class teaches participants basic strokes, dinks, serve, scoring and rules of the game. Paddles and balls are provided.

Age: 16+

10523 W 10/2-10/23 6-7 PM \$35/\$40
10593 W 10/30-11/20 6-7 PM \$35/\$40
Twinbrook CRC

Pickleball - Beginner (Outdoors)

A paddle sport that is a cross between tennis, badminton and ping pong where you hit a whiffle ball over a badminton-sized court. Participants will learn tips for smart pickleball play, instruction for all strokes and serve, drill work, scoring, doubles strategies and play.

Age: 16+

11247 Sa 9/14-10/19 11-11:50 AM \$35/\$40
Woodley Gardens Park/Meyer

NEW! Pickleball (Adult/Child)

Have your children register for one of the fastest growing sports in America so the family can play together. It's a paddle sport that is easy to learn. It is a cross between tennis, badminton and ping pong where you hit a whiffle ball over the badminton-sized court. Basic strokes, dinks, serve, scoring and rules of the game are taught. Equipment provided. Adult participation is required. Outdoors.

Age: 6-10

11252 Sa 9/14-10/17 10-10:50 AM \$55/\$60
Woodley Gardens Park/Meyer

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racket.

Age: 16+

Beg/Novice -2.0-3.0 NTRP Level

10553 Sa 9/14-10/19 4-4:50 PM \$75/\$85
Montrose CC and Park/M.Yargici

Beg/Novice -2.0-3.0 NTRP Level

10547 Tu 9/17-10/29 6-6:50 PM \$75/\$85
King Farm Park/M.Yargici

Beg/Nov 2.0-3.0 NTRP Level

10548 M 9/16-10/28 6-6:50 PM \$75/\$85
Twinbrook CRC/Asaka

Beg/Nov 2.0-3.0 NTRP Level

10544 W 9/18-10/30 6-6:50 PM \$75/\$85
Mattie Stepanek Park/Asaka

Intermediate 3.0-3.5 NTRP Level

10552 Sa 9/14-10/19 5-5:50 PM \$75/\$85
Montrose CC and Park/M.Yargici

Intermediate 3.0-3.5 NTRP Level

10562 Tu 9/17-10/29 7-8:15 PM \$89/\$99
King Farm Park/M. Yargici

Intermediate 3.0-3.5 NTRP Level)

10564 M 9/16-10/28 7-8:15 PM \$89/\$99
Twinbrook CRC/Asaka

Intermediate 3.0-3.5 NTRP Level

10565 W 9/18-10/30 7-8:15 PM \$89/\$99
Mattie Stepanek Park/Asaka



Worried about the weather?
Call the Rec Line at 240-314-5023.
Select #1 for class status.

Rockville Residents



Register to Vote

at

www.rockvillemd.gov/election

The City will conduct a vote-by-mail election for mayor and four councilmembers on Tuesday, Nov. 5, 2019. Ballots must be returned by mail or in person at City Hall, 111 Maryland Ave. All ballots must be received by 8 p.m. on Tuesday, Nov. 5, 2019.

Stay up to date with what's happening in our city.

Go to the city's website at rockvillemd.gov, select the "join" button under "newsletter sign up."

Select notifications you would like to receive for recreation and parks programs, cultural arts, special events, community center activities and more.



Energy Roadshow Community Energy Efficiency Event

Sept. 28 • 10 a.m.-noon

Lincoln Park
Community Center
357 Frederick Ave.
240-314-8780

Keep money in your pocket while adding value to your property! Learn useful energy saving tips from our expert panel including City and County professionals. Ask questions, visit vendor tables and participate in fun interactive activities for children.

Bring the entire family to this free event. Continental welcome breakfast will be served.

ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800 • www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to adults, ages 60 and older.

REGISTRATION DATES

(M) – Member registration begins **Tuesday, July 30**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Center, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins Thursday, Aug. 1 for programs listed in the Life in Rockville Activity Guide.

(NM) – Nonmember registration begins **Thursday, Aug. 1**.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. Call 240-314-8816 or 240-314-8817 to meet individually with an outreach specialist.

SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for classes in the Adult section of the Life in Rockville Recreation Guide. One \$10 discount may be used per Senior Center member, per activity for programs over \$50. Does not apply to workshops. This discount is not valid for aquatics classes. Refer to the aquatics section for pricing. For more information call 240-314-8800.

All senior programs are held at the Rockville Senior Center unless noted.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.-5 p.m.
Saturday, 8:30 a.m.-1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810

Program Fees

Fee = member/nonmember



Center Membership Fees

\$40/year – Rockville resident
\$135/year – Nonresident; \$65 spouse

Fitness Center

Membership Fees

\$90/year. (Must be a Senior Center member)



PROGRAM ASSISTANCE FUND

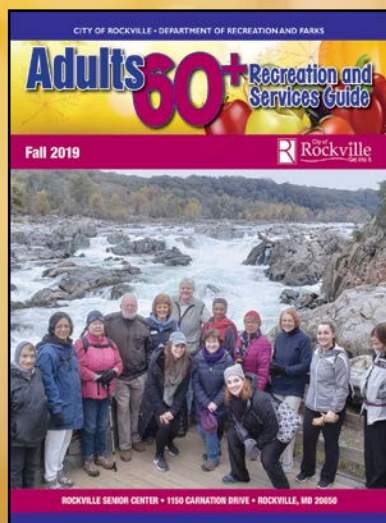
Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required. Call 240-314-8810.

Check our monthly newsletter for updates, special events, and movies. The newsletter can be found online at www.rockvillemd.gov/seniorcenter or in person at the center.

Look for additional information in our



Adults 60+ Recreation and Services Guide

Pick up your copy today at the following locations:

Rockville Senior Center, all community centers, Croydon Creek Nature Center, Rockville City Hall, Rockville Swim and Fitness Center, Rockville and Twinbrook Libraries.

If you do not receive your guide in a timely manner, visit one of the locations listed above.

Visit www.rockvillemd.gov/recreation to view online.

Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or to the grocery store?

Monday to Friday:

Pickup schedule (for those who call in advance): Approx. 9 a.m. and approx. 11 a.m.

Take home times: Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older. See or call the transportation office for a reservation: 240-314-8810.

Call before 2 p.m. the day before and Friday for a Monday pickup.

Benefits of the Senior Center Membership include:

Discounts on Senior Programs • Discounts on Rentals • DVD Rentals
Eligibility to Join the Fitness Center • Early Class Registration • Drop-In Programs
Discounts on Rockville Adult Classes • Eligible for Senior Garden Plots

ROCKVILLE SENIOR FITNESS CENTER

It's the best time to be 60+ in Rockville!

7 a.m.-8 p.m., Monday-Thursday

7 a.m.-7 p.m., Friday

7 a.m.-4 p.m., Saturday

Fitness Center Membership Fees

\$90/year (Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter

240-314-8800

Senior Center Information and Support Services

Rockville Emergency Assistance Program (REAP)

For residents 60-plus, emergency assistance is available for eligible City of Rockville senior residents experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided. Contact Martha McClelland at 240-314-8816, or Andrea Rogers at 240-314-8817.

TRIP REGISTRATION In-Person Lottery

Thursday, Aug. 15, 10:30 a.m.
Senior Center members

Numbers distributed in random order, 10:15 a.m.

Friday, Aug. 16
Nonmembers

Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.



What are villages?

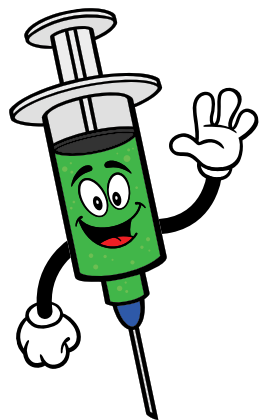
Villages are grassroots, volunteer, neighbor-support networks created to help enrich the lives of residents of all ages.

What do village networks do?

Members of villages offer services such as: transportation to medical appointments, light yardwork and home maintenance, tutoring, friendly visits, book clubs, potluck parties and other social outings. Almost all villages offer the opportunity for connectedness.

For more information:

Contact Trish Evans, village facilitator,
City of Rockville 240-314-8807 or
pevans@rockvillemd.gov.
www.rockvillemd.gov/rockvillages
www.montgomerycountymd.gov/HHS-Program/ADS/Villages/villageslist.html



SENIORS: GET YOUR FLU SHOTS

Members: Tuesday, Sept. 24, 10 a.m.-1 p.m.

Nonmembers: Thursday, Oct. 10, 10 a.m.-1 p.m.

You must bring your Medicare (Part B) and insurance cards.

For anyone with Medicare Primary insurance, there is no cost.

Without insurance: Regular Dose: \$28, Preservative free shot \$30,
High Dose: \$50, Egg Free: \$57

Senior Center Happenings:

Senior Center Happenings:

All-Day Exercise • Wednesday, Aug. 28, 10 a.m.-2 p.m.

Come preview a variety of classes that will be offered this fall. We'll have several 25-minute class demonstrations offered throughout the day. Try as many as you would like. Registration required. Course #9755; free.

Smores and Wine • Tuesday, Oct. 1, 4:30-6 p.m.

Enjoy an evening with wine, smores, and friendship! Registration required. Course #10323; free.

Annual Turkey Trot • Tuesday, Nov. 21, 10-11:30 a.m.

Stay fit this holiday season by joining us for a one-mile through Woodley Gardens neighborhood. For those that want to burn off some extra calories, join us for a second mile. Please bring a canned food item to support our local food bank, or make a donation to our Senior Assistance Fund. Rain or Shine.

Registration required. Course #10379; free.

Holiday Bazaar • Saturday, Dec. 7, 9 a.m.-2 p.m.

Sponsored by Rockville Seniors, Inc. Handmade crafts, book sale, raffle, bake sale, plant sale, gift and thrift shop. Lunch available for purchase.



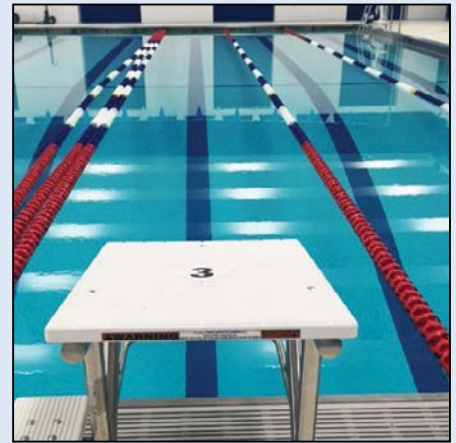
Rockville residents can register to vote at www.rockvillemd.gov/election

The city will conduct a Vote by Mail election for mayor and four councilmembers on Tuesday, Nov. 5, 2019. Ballots must be returned by mail or in person at City Hall, 111 Maryland Ave. All ballots must be received by 8 p.m. on Tuesday, Nov. 5, 2019.

Rockville Swim and Fitness Center

355 Martins Lane, • Rockville, MD 20850
240-314-8750 • www.rockvillemd.gov/swimcenter

The swim center has two indoor and two outdoor pools, an outside interactive sprayground, a 150-foot waterslide, dry saunas, whirlpool, fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.



No classes held Nov. 28-Dec. 1

Fees: M = RSFC Member • NM = Non-RSFC

Registration Begins

Thursday, Aug. 1

**Registration Deadline:
One week prior to start date**

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. Note: \$15 withdrawal fee for all refunds; \$5 transfer fee may apply.

Mail to:
Swimming Lessons
RSFC
355 Martins Lane
Rockville, MD 20850

Fax to:
Swimming Lessons
240-314-8759

RSFC Locker Room Renovations!

Renovations to the indoor facility's locker rooms and lobby will be underway at the Swim and Fitness Center over the spring and summer. While we do plan to keep the indoor pools and fitness rooms open, customers should plan to enter the facility from the outdoor pool's entrance and use the outdoor pool's bathhouse between May-September 2019. Sign up for our email newsletter at **www.rockvillemd.gov/swimcenteralerts** and check out **www.rockvillemd.gov/rsfc renovations** for more information.

Adult/Child Swim

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 6-18 mos				M/NM
I1077	Tu	9/3-10/22	9-9:30 AM	\$73/\$91
I0970	Sa	9/7-10/19	10:50-11:20 AM	\$64/\$80
I0971	Su	9/8-10/20	10:15-10:45 AM	\$64/\$80
I0954	Sa	10/26-12/14	10:50-11:20 AM	\$64/\$80
I0972	Su	10/27-12/15	10:15-10:45 AM	\$64/\$80
I1080	Tu	10/29-12/17	9-9:30 AM	\$73/\$91

Bubblers 2

Tots with little or no experience are welcome. Children learn the basics of swimming such as submerging, floating, kicking and arm-stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 18-36 mos				M/NM
I1075	Th	9/5-10/24	9-9:30 AM	\$73/\$91
I0974	Sa	9/7-10/19	10:15-10:45 AM	\$64/\$80
I0975	Su	9/8-10/20	9:40-10:10 AM	\$64/\$80
I0976	Su	9/8-10/20	11:25-11:55 AM	\$64/\$80
I0973	M	9/9-10/21	2-2:30 PM	\$64/\$80
I0980	Sa	10/26-12/14	8:30-9 AM	\$64/\$80
I0978	Sa	10/26-12/14	10:15-10:45 AM	\$64/\$80
I0955	Su	10/27-12/15	9:40-10:10 AM	\$64/\$80
I0979	Su	10/27-12/15	11:25-11:55 AM	\$64/\$80
I1076	M	10/28-12/16	2-2:30 PM	\$73/\$91
I0977	Th	10/31-12/19	9-9:30 AM	\$64/\$80

Bobbers 1

Along with an adult, children learn to adjust to the water. They also learn simple water skills, such as submerging, floating, kicking and arm stroking. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

Age: 3-5				M/NM
I1078	W	9/4-10/23	2-2:30 PM	\$73/\$91
I1074	Th	9/5-10/24	9:30-10 AM	\$73/\$91
I0956	Sa	9/7-10/19	9:05-9:35 AM	\$64/\$80
I0957	Sa	9/7-10/19	11:25-11:55 AM	\$64/\$80
I0958	Su	9/8-10/20	9:05-9:35 AM	\$64/\$80
I0959	Su	9/8-10/20	10:50-11:20 AM	\$64/\$80
I0960	Sa	10/26-12/14	9:05-9:35 AM	\$64/\$80
I0961	Sa	10/26-12/14	11:25-11:55 AM	\$64/\$80
I0962	Su	10/27-12/15	9:05-9:35 AM	\$64/\$80
I0963	Su	10/27-12/15	10:50-11:20 AM	\$64/\$80
I1082	W	10/30-12/18	2-2:30 PM	\$73/\$91
I0964	Th	10/31-12/19	9:30-10 AM	\$64/\$80

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class. Non-toilet-trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Swim and Fitness Center.

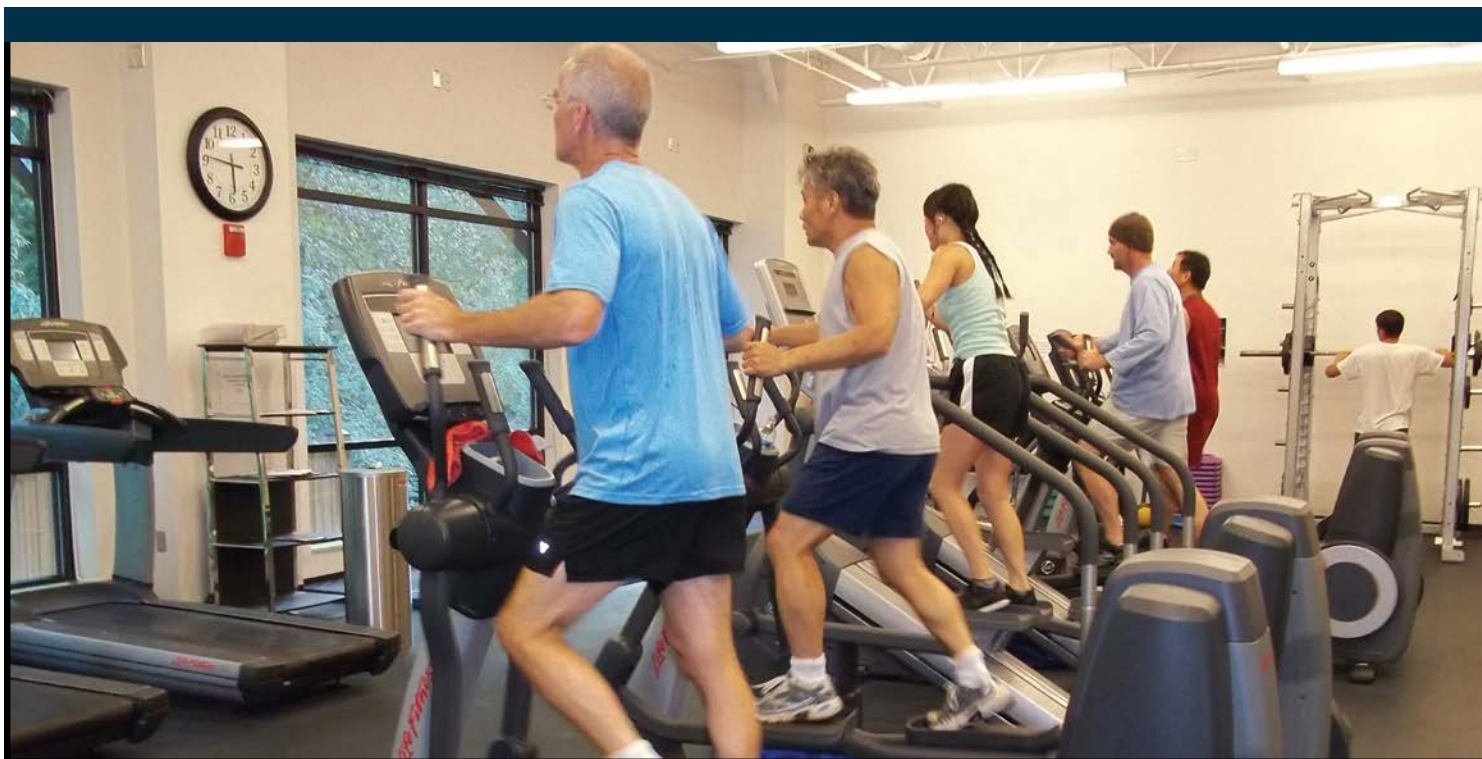
Age: 3-5				M/NM
I1079	Tu	9/3-10/22	9:30-10 AM	\$73/\$91
I0965	Sa	9/7-10/19	8:30-9 AM	\$64/\$80
I0966	Sa	9/7-10/19	9:40-10:10 AM	\$64/\$80
I0967	Su	9/8-10/20	8:30-9 AM	\$64/\$80
I0968	Sa	10/26-12/14	9:40-10:10 AM	\$64/\$80
I0969	Su	10/27-12/15	8:30-9 AM	\$64/\$80
I1081	Tu	10/29-12/17	9:30-10 AM	\$73/\$91



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Preschool Swim

Fearful Floaters

This swim class is intended for children who are reluctant to take part in a Floaters I class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort with putting their faces in water. To ease each child's anxiety, adults remain on deck for the duration of the lesson.

Age: 4-6				M/NM
I1132	W	9/4-10/23	3:35-4:05 PM	\$79/\$98
I1049	Sa	9/7-10/19	9:45-10:25 AM	\$69/\$86
I1025	M	9/9-10/21	4:45-5:15 PM	\$69/\$86
I1050	Sa	10/26-12/14	9:45-10:25 AM	\$69/\$86
I1119	M	10/28-12/16	3:35-4:05 PM	\$79/\$98
I1120	W	10/30-12/18	3:35-4:05 PM	\$79/\$98

Floaters I

This swim class is designed for children who need to become adjusted to water. They learn to do front and back floats, kick and stroke, as well as put their faces in the water. Children learn to swim 5 yards on their front and back.

Age: 4-6				M/NM
I1121	Tu	9/3-10/22	4:35-5:05 PM	\$79/\$98
I1122	Tu	9/3-10/22	5:10-5:40 PM	\$79/\$98
I1123	Tu	9/3-10/22	5:45-6:15 PM	\$79/\$98
I1131	W	9/4-10/23	4:10-4:40 PM	\$79/\$98
I1099	Th	9/5-10/24	5:45-6:15 PM	\$79/\$98
I1124	F	9/6-10/25	3:35-4:05 PM	\$79/\$98
I1125	F	9/6-10/25	4:45-5:15 PM	\$79/\$98
I1045	Sa	9/7-10/19	9-9:40 AM	\$69/\$86
I1043	Sa	9/7-10/19	10:30-11:10 AM	\$69/\$86
I1027	Sa	9/7-10/19	11:15-11:55 AM	\$69/\$86
I1028	Su	9/8-10/20	9-9:40 AM	\$69/\$86
I1029	Su	9/8-10/20	9:45-10:25 AM	\$69/\$86
I1030	Su	9/8-10/20	10:30-11:10 AM	\$69/\$86
I1031	Su	9/8-10/20	11:15-11:55 AM	\$69/\$86
I1026	M	9/9-10/21	3:35-4:05 PM	\$69/\$86
I1035	Sa	10/26-12/14	9-9:40 AM	\$69/\$86
I1036	Sa	10/26-12/14	10:30-11:10 AM	\$69/\$86
I1037	Sa	10/26-12/14	11:15-11:55 AM	\$69/\$86
I1038	Su	10/27-12/15	9-9:40 AM	\$69/\$86
I1039	Su	10/27-12/15	9:45-10:25 AM	\$69/\$86
I1040	Su	10/27-12/15	10:30-11:10 AM	\$69/\$86
I1041	Su	10/27-12/15	11:15-11:55 AM	\$69/\$86
I1130	M	10/28-12/16	3:35-4:05 PM	\$79/\$98
I1126	M	10/28-12/16	4:45-5:15 PM	\$79/\$98
I1127	Tu	10/29-12/17	4:35-5:05 PM	\$79/\$98
I1128	Tu	10/29-12/17	5:10-5:40 PM	\$79/\$98
I1129	W	10/30-12/18	4:45-5:15 PM	\$79/\$98
I1032	Th	10/31-12/19	5:45-6:15 PM	\$69/\$86
I1033	F	11/1-12/20	3:35-4:05 PM	\$69/\$86
I1034	F	11/1-12/20	4:45-5:15 PM	\$69/\$86

Floaters 2

This swim class is for children who are comfortable in the water, can submerge for 5-10 seconds and can swim 5 yards on their front and back should take this class. They continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6				M/NM
I1100	Tu	9/3-10/22	5:10-5:40 PM	\$79/\$98
I1101	W	9/4-10/23	3:35-4:05 PM	\$79/\$98
I1102	W	9/4-10/23	4:10-4:40 PM	\$79/\$98
I1103	Th	9/5-10/24	4:35-5:05 PM	\$79/\$98
I1104	Th	9/5-10/24	5:10-5:40 PM	\$79/\$98
I1105	F	9/6-10/25	3:35-4:05 PM	\$79/\$98
I1106	F	9/6-10/25	4:10-4:40 PM	\$79/\$98
I1044	Sa	9/7-10/19	9:45-10:25 AM	\$69/\$86
I0999	Sa	9/7-10/19	11:15-11:55 AM	\$69/\$86
I1000	Su	9/8-10/20	9:45-10:25 AM	\$69/\$86
I1001	Su	9/8-10/20	11:15-11:55 AM	\$69/\$86
I1042	M	9/9-10/21	4:10-4:40 PM	\$69/\$86
I1046	Sa	10/26-12/14	9:45-10:25 AM	\$69/\$86
I1047	Sa	10/26-12/14	10:30-11:10 AM	\$69/\$86
I1006	Sa	10/26-12/14	11:15-11:55 AM	\$69/\$86
I1007	Su	10/27-12/15	9:45-10:25 AM	\$69/\$86
I1008	Su	10/27-12/15	10:30-11:10 AM	\$69/\$86
I1009	Su	10/27-12/15	11:15-11:55 AM	\$69/\$86
I1107	M	10/28-12/16	4:10-4:40 PM	\$79/\$98
I1108	Tu	10/29-12/17	5:10-5:40 PM	\$79/\$98
I1109	W	10/30-12/18	3:35-4:05 PM	\$79/\$98
I1002	Th	10/31-12/19	4:35-5:05 PM	\$69/\$86
I1003	Th	10/31-12/19	5:10-5:40 PM	\$69/\$86
I1004	F	11/1-12/20	3:35-4:05 PM	\$69/\$86
I1005	F	11/1-12/20	4:10-4:40 PM	\$69/\$86

Strokers I

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least 8 yards should take this class. The focus is on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills are also taught.

Age: 4-7				M/NM
I1110	Th	9/5-10/24	4:35-5:05 PM	\$79/\$98
I1111	Th	9/5-10/24	5:10-5:40 PM	\$79/\$98
I1010	Sa	9/7-10/19	9:45-10:25 AM	\$69/\$86
I1011	Su	9/8-10/20	11:15-11:55 AM	\$69/\$86
I1024	M	9/9-10/21	3:35-4:05 PM	\$69/\$86
I1014	Sa	10/26-12/14	11:15-11:55 AM	\$69/\$86
I1048	Su	10/27-12/15	9-9:40 AM	\$69/\$86
I1112	W	10/30-12/18	4:10-4:40 PM	\$79/\$98
I1012	Th	10/31-12/19	4:35-5:05 PM	\$69/\$86
I1013	Th	10/31-12/19	5:10-5:40 PM	\$69/\$86

Preschool Swim

Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards, and are comfortable in deep water. They work on perfecting front/back crawl, elementary backstroke and treading water. Students are introduced to coordinated breaststroke.

Age: 4-7				M/NM
11113	Tu	9/3-10/22	5:45-6:15 PM	\$79/\$98
11016	Sa	9/7-10/19	11:15-11:55 AM	\$69/\$86
11017	Su	9/8-10/20	9-9:40 AM	\$69/\$86
11015	M	9/9-10/21	4:45-5:15 PM	\$69/\$86
11018	Sa	10/26-12/14	10:30-11:10 AM	\$69/\$86
11019	Su	10/27-12/15	11:15-11:55 AM	\$69/\$86
11114	M	10/28-12/16	4:45-5:15 PM	\$79/\$98
11115	Tu	10/29-12/17	5:45-6:15 PM	\$79/\$98
11116	W	10/30-12/18	4:45-5:15 PM	\$79/\$98

Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7				M/NM
11117	W	9/4-10/23	4:45-5:15 PM	\$79/\$98
11118	F	9/6-10/25	4:45-5:15 PM	\$79/\$98
11020	Sa	9/7-10/19	9-9:40 AM	\$69/\$86
11021	Su	9/8-10/20	10:30-11:10 AM	\$69/\$86
11023	Su	10/27-12/15	9:45-10:25 AM	\$69/\$86
11022	F	11/1-12/20	4:45-5:15 PM	\$69/\$86

Mini Swim Team Prep

This swim class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7				M/NM
11133	Th	9/5-10/24	5:45-6:15 PM	\$79/\$98
11051	Sa	9/7-10/19	9-9:40 AM	\$69/\$86
11053	Sa	10/26-12/14	9:45-10:25 AM	\$69/\$86
11052	Th	10/31-12/19	5:45-6:15 PM	\$69/\$86

Children/Teen Swim

Youth 1

Water adjustment is the focus of this class. Children are introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming 7 yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+				M/NM
11054	W	9/4-10/23	4:45-5:15 PM	\$72/\$90
11055	F	9/6-10/25	4:10-4:40 PM	\$72/\$90
10880	Sa	9/7-10/19	9:45-10:25 AM	\$64/\$79
10881	Sa	9/7-10/19	10:30-11:10 AM	\$64/\$79
10882	Su	9/8-10/20	10:30-11:10 AM	\$64/\$79
10883	Su	9/8-10/20	12-12:40 PM	\$64/\$79
10884	Sa	10/26-12/14	9-9:40 AM	\$64/\$79
10885	Su	10/27-12/15	10:30-11:10 AM	\$64/\$79
10886	Su	10/27-12/15	12-12:40 PM	\$64/\$79
11056	Tu	10/29-12/17	5:45-6:15 PM	\$72/\$90
11057	W	10/30-12/18	4:10-4:40 PM	\$72/\$90
10887	F	11/1-12/20	4:10-4:40 PM	\$64/\$79

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim 7 yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing are taught.

Age: 7+				M/NM
11058	Tu	9/3-10/22	4:35-5:05 PM	\$72/\$90
10889	Sa	9/7-10/19	9-9:40 AM	\$64/\$79
10890	Sa	9/7-10/19	10:30-11:10 AM	\$64/\$79
10891	Su	9/8-10/20	9-9:40 AM	\$64/\$79
10892	Su	9/8-10/20	12-12:40 PM	\$64/\$79
10888	M	9/9-10/21	4:10-4:40 PM	\$64/\$79
10893	Sa	10/26-12/14	9:45-10:25 AM	\$64/\$79
10894	Su	10/27-12/15	9-9:40 AM	\$64/\$79
10895	Su	10/27-12/15	12-12:40 PM	\$64/\$79
11059	M	10/28-12/16	4:10-4:40 PM	\$72/\$90
11060	Tu	10/29-12/17	4:35-5:05 PM	\$72/\$90



Youth 3

Children who can swim a combined stroke for 10 yards on their front and back should take this class. Children learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7-14				M/NM
10903	Sa	9/7-10/19	11:15-11:55 AM	\$64/\$79
10902	Su	9/8-10/20	10:30-11:10 AM	\$64/\$79
10901	Su	9/8-10/20	12-12:40 PM	\$64/\$79
10900	Su	9/8-10/20	9:45-10:25 AM	\$64/\$79
10899	Sa	10/26-12/14	9-9:40 AM	\$64/\$79
10904	Sa	10/26-12/14	10:30-11:10 AM	\$64/\$79
10905	Su	10/27-12/15	9-9:40 AM	\$64/\$79
10906	Su	10/27-12/15	10:30-11:10 AM	\$64/\$79
10907	Su	10/27-12/15	12-12:40 PM	\$64/\$79

Youth 4

Children who are comfortable in deep water and who can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class. Children work on perfecting front and back strokes, and treading water. Coordinated breaststroke is introduced. Prerequisite: Youth 3.

Age: 7+				M/NM
10896	Sa	9/7-10/19	9-9:40 AM	\$64/\$79
10897	Sa	9/7-10/19	10:30-11:10 AM	\$64/\$79
10898	Su	9/8-10/20	9-9:40 AM	\$64/\$79
10926	Su	9/8-10/20	11:15-11:55 AM	\$64/\$79
10927	Su	9/8-10/20	12-12:40 PM	\$64/\$79
10908	Sa	10/26-12/14	9-9:40 AM	\$64/\$79
10909	Sa	10/26-12/14	9:45-10:25 AM	\$64/\$79
10910	Sa	10/26-12/14	11:15-11:55 AM	\$64/\$79
10911	Su	10/27-12/15	9:45-10:25 AM	\$64/\$79
10912	Su	10/27-12/15	11:15-11:55 AM	\$64/\$79

Youth 5

This class is for children who can swim one length of front crawl and back crawl, and swim 15 yards of elementary backstroke in good form, as well as tread water and dive into and swim in deep water. Children learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick.

All other previously learned strokes are refined.

Age: 7+				M/NM
10913	Sa	9/7-10/19	9-9:40 AM	\$64/\$79
10914	Sa	9/7-10/19	11:15-11:55 AM	\$64/\$79
10916	Su	9/8-10/20	9-9:40 AM	\$64/\$79
10915	Su	9/8-10/20	9:45-10:25 AM	\$64/\$79
10917	Su	9/8-10/20	11:15-11:55 AM	\$64/\$79
10918	Sa	10/26-12/14	9-9:40 AM	\$64/\$79
10919	Sa	10/26-12/14	9:45-10:25 AM	\$64/\$79
10920	Sa	10/26-12/14	11:15-11:55 AM	\$64/\$79
10921	Su	10/27-12/15	9-9:40 AM	\$64/\$79
10922	Su	10/27-12/15	9:45-10:25 AM	\$64/\$79
10923	Su	10/27-12/15	12-12:40 PM	\$64/\$79

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, and backstroke, and 15 yards of side stroke and breaststroke, all in good form. Children work on breaststroke, butterfly and turns, in addition to refining other strokes.

Age: 7+				M/NM
10952	Sa	9/7-10/19	9:45-10:25 AM	\$64/\$79
10953	Sa	9/7-10/19	11:15-11:55 AM	\$64/\$79
10928	Su	9/8-10/20	9:45-10:25 AM	\$64/\$79
10929	Su	9/8-10/20	10:30-11:10 AM	\$64/\$79
10930	Sa	10/26-12/14	9-9:40 AM	\$64/\$79
10931	Sa	10/26-12/14	10:30-11:10 AM	\$64/\$79
10932	Su	10/27-12/15	9-9:40 AM	\$64/\$79
10933	Su	10/27-12/15	11:15-11:55 AM	\$64/\$79

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle and backstroke, and one full length (25 yards) of breaststroke, should take this class. Children work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6.

Age: 7+				M/NM
10934	Sa	9/7-10/19	10:30-11:10 AM	\$64/\$79
10935	Su	9/8-10/20	9-9:40 AM	\$64/\$79
10936	Su	9/8-10/20	11:15-11:55 AM	\$64/\$79
10937	Su	9/8-10/20	12-12:40 PM	\$64/\$79
10938	Sa	10/26-12/14	10:30-11:10 AM	\$64/\$79
10939	Su	10/27-12/15	10:30-11:10 AM	\$64/\$79
10940	Su	10/27-12/15	12-12:40 PM	\$64/\$79



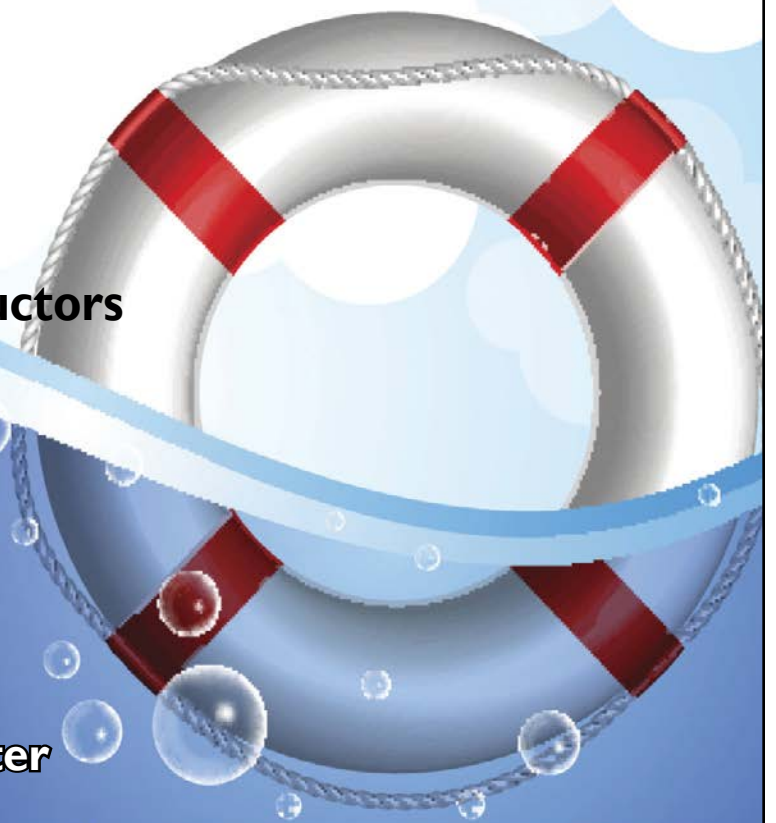


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Children/Teen Swim

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke, and one length (25 yards) of butterfly. Speed and endurance are emphasized, as well as turns and racing starts. Prerequisite: Successful completion of Youth 6 and 7.

Age: 7+				M/NM
10942	Sa	9/7-10/19	9:45-10:25 AM	\$64/\$79
10943	Sa	9/7-10/19	10:30-11:10 AM	\$64/\$79
10944	Su	9/8-10/20	9:45-10:25 AM	\$64/\$79
10945	Su	9/8-10/20	10:30-11:10 AM	\$64/\$79
10946	Sa	10/26-12/14	11:15-11:55 AM	\$64/\$79
10947	Su	10/27-12/15	9:45-10:25 AM	\$64/\$79
10948	Su	10/27-12/15	10:30-11:10 AM	\$64/\$79
10941	Su	10/27-12/15	11:15-11:55 AM	\$64/\$79

Swim 4 Fitness for Teens

Geared towards teens with prior swimming experience (must be at least Youth Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards are issued for this class.

Age: 12-15				M/NM
10949	Su	9/8-10/20	12-12:45 PM	\$64/\$79
10950	Su	10/27-12/15	12-12:45 PM	\$64/\$79

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults are introduced to basic swimming skills, such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
11061	Tu	9/3-10/22	8:30-9:15 PM	\$73/\$90
11062	W	9/4-10/23	8:35-9:20 PM	\$73/\$90
11063	Tu	10/29-12/17	8:30-9:15 PM	\$73/\$90
11064	W	10/30-12/18	8:35-9:20 PM	\$73/\$90

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke are demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
11069	W	9/4-10/23	8:35-9:20 PM	\$73/\$90
11070	Th	9/5-10/24	8:30-9:15 PM	\$73/\$90
11071	W	10/30-12/18	8:35-9:20 PM	\$73/\$90
10951	Th	10/31-12/19	8:30-9:15 PM	\$64/\$79

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water; able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Successful completion of Adult Beginner 2 preferred.

Age: 14+				M/NM
11072	Tu	9/3-10/22	8:30-9:15 PM	\$73/\$90
11073	Tu	10/29-12/17	8:30-9:15 PM	\$73/\$90

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques are stressed. Skills are taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3.

Age: 14+				M/NM
11068	Th	9/5-10/24	8:30-9:15 PM	\$73/\$90
10925	Th	10/31-12/19	8:30-9:15 PM	\$64/\$79

Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke are further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4

Age: 14+				M/NM
11065	Tu	9/3-10/22	11:10-11:55 AM	\$73/\$90
11066	Th	9/5-10/24	11:10-11:55 AM	\$73/\$90
11067	Tu	10/29-12/17	11:10-11:55 AM	\$73/\$90
10924	Th	10/31-12/19	11:10-11:55 AM	\$64/\$79

Adult Water Fitness

Aqua Blast

Start your day off right with a fast-paced, early morning deep-water exercise class at the Swim and Fitness Center. This no-impact, high-energy workout tones your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment is provided.

Age: 16+				M/NM
11088	Tu	9/3-12/17	6:35-7:20 AM	\$75/\$91
10990	Th	9/5-12/19	6:35-7:20 AM	\$70/\$85

Aqua Boot Camp

This fast-paced class helps you reach your fitness goals now! The exercises are performed in deep water, and regardless of your age, size, fitness or swim level, you can achieve noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 16+				M/NM
11089	W	9/4-12/18	10:15-11 AM	\$75/\$91
10992	F	9/6-12/20	10:15-11 AM	\$70/\$85
10991	M	9/9-12/16	10:15-11 AM	\$70/\$85

Adult Water Fitness

NEW! Aqua Dance

Creative, traditional and popular dance moves added to classic and current songs with some power moves for muscle strengthening and toning thrown in...What more could you ask for? Smile and dance with us in this friendly, fun class.

Age: 16+ M/NM
11168 F 9/6-12/20 9:20-10:05 AM \$70/\$85

Aqua Fitness

This low-impact, high-intensity swim program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance, all while burning calories. Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and are provided.

Age: 16+ M/NM
11085 Tu 9/3-12/17 8:30-9:15 AM \$75/\$91
11086 Tu 9/3-12/17 9:20-10:05 AM \$75/\$91
11084 W 9/4-12/18 8:30-9:15 AM \$75/\$91
11087 W 9/4-12/18 9:20-10:05 AM \$75/\$91
10986 Th 9/5-12/19 8:30-9:15 AM \$70/\$85
10987 Th 9/5-12/19 9:20-10:05 AM \$70/\$85
10983 F 9/6-12/20 8:30-9:15 AM \$70/\$85
10988 M 9/9-12/16 8:30-9:15 AM \$70/\$85
10989 M 9/9-12/16 9:20-10:05 AM \$70/\$85

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance, as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program benefits runners and other active exercisers who are looking for a challenging workout.

Age: 16+ M/NM
11083 Tu 9/3-12/17 10:10-10:55 AM \$75/\$91
10985 Th 9/5-12/19 10:10-10:55 AM \$70/\$85



Deep Water Workout

Enjoy this swim class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 16+ M/NM
11092 Tu 9/3-12/17 7:40-8:25 PM \$75/\$91
11093 W 9/4-12/18 9:15-10 AM \$75/\$91
10997 Th 9/5-12/19 7:40-8:25 PM \$70/\$85
10998 F 9/6-12/20 9:15-10 AM \$70/\$85
10996 M 9/9-12/16 9:15-10 AM \$70/\$85

H2O Walking

Did you know 30 minutes of water walking equals two hours of walking on land? This swim class is perfect for weight loss or general fitness and is more challenging than you think. Non-swimmers and beginners welcome. Taught in shallow- to chest-deep water. Music is used.

Age: 16+ M/NM
11091 Tu 9/3-12/17 7:40-8:25 PM \$75/\$91
11090 W 9/4-12/18 9:20-10:05 AM \$75/\$91
10994 Th 9/5-12/19 7:40-8:25 PM \$70/\$85
10995 F 9/6-12/20 9:20-10:05 AM \$70/\$85
10993 M 9/9-12/16 9:20-10:05 AM \$85/\$85

Rockville Master's Swimming

This program is designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group are not required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes. Choose to attend once, twice or three times a week. Please note: some sessions meet in our outdoor fitness pool. This course will meet in our outdoor fitness pool for the month of September and move to our indoor South pool for all sessions after that.

Age: 16+ M/NM
11166 M, W, F 9/4-12/20 6:30-7:30 AM \$207/\$253
11164 W, F 9/4-12/20 6:30-7:30 AM \$160/\$192
11153 W 9/4-12/18 6:30-7:30 AM \$91/\$110

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim 1 mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 14+ M/NM
11137 Tu 9/3-12/17 11:05-11:50 AM \$82/\$100
11136 Tu 9/3-12/17 9:15-10 PM \$82/\$100
11097 Th 9/5-12/19 11:05-11:50 AM \$77/\$94
11096 Th 9/5-12/19 9:15-10 PM \$77/\$94

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open-water swims. These are coached, structured workouts, where swim-specific fitness, effective technique and proper pacing are emphasized. Race management and open-water swim skills (drafting/close-contact, pack swimming) are discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 14+				M/NM
11151	Su	9/8-10/20	7-8:30 PM	\$95/\$107
11152	Su	10/27-12/15	7-8:30 PM	\$95/\$107

Triathlon Swim Skills

This class is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/ triathlon swimming. Drills and workouts focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 14+				M/NM
10852	Su	9/8-10/20	8:05-8:55 AM	\$64/\$72
10853	Su	10/27-12/15	8:05-8:55 AM	\$64/\$72

Senior Swim

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+				M/NM
10822	Tu	9/3-12/17	2:05-2:50 PM	\$36/\$45
10817	Th	9/5-12/19	2:05-2:50 PM	\$34/\$42

Senior Aquacize – Advanced

This swim course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.)

Age: 60+				M/NM
10823	W	9/4-12/18	11:05-11:50 AM	\$36/\$45
10818	F	9/6-12/20	11:05-11:50 AM	\$34/\$42
10819	M	9/9-12/16	11:05-11:50 AM	\$34/\$42

Senior Aquacize – Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required.

Age: 60+				M/NM
10821	W	9/4-12/18	10:10-10:55 AM	\$36/\$45
10810	F	9/6-12/20	10:10-10:55 AM	\$34/\$42
10809	M	9/9-12/16	10:10-10:55 AM	\$34/\$42



Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Perfect for anyone looking for a mid-day boost. Swimming skills not required.

Age: 60+				M/NM
10820	W	9/4-12/18	2:35-3:20 PM	\$36/\$45
10808	M	9/9-12/16	2:35-3:20 PM	\$34/\$42

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional swim skills in this modified exercise program. Tailored to individual needs.

Age: 18+				M/NM
11142	Tu	9/3-12/17	10:05-10:55 AM	\$84/\$105
11134	Th	9/5-12/19	10:05-10:55 AM	\$79/\$99

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized. Swimming skills not required.

Age: 18+				M/NM
11143	W	9/4-12/18	9:15-10:15 AM	\$84/\$105
11135	M	9/9-12/16	9:15-10:15 AM	\$79/\$99



Certification and Training

Lifeguard Training

The American Red Cross Lifeguard Training course will prepare students for certification in Lifeguard Training, CPR/AED for the Professional Rescuer, and First Aid. Students must be 15 years old by the last day of the course and pass a pre-screen test (300 yard continuous swim with rhythmic breathing using front crawl or breast stroke, 10 lbs brick retrieval within one minute forty seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane Rockville MD 20850). A detailed Course Schedule / Syllabus will be provided on the first day of class. Students MUST attend all class sessions as scheduled.

Age: 15+
11165 W-Su 12/26-12/30 2-9 PM \$195

Lifeguard Training Review

The American Red Cross Lifeguard Training Review Course is for currently certified American Red Cross Lifeguards in looking to renew their certification. Upon successful completion of the course, certification in Lifeguard Training, CPR/AED for the Professional Rescuer and First Aid will be issued for a two year period. Students should bring documentation of their current American Red Cross Lifeguard Training certification, and CPR mask to the first class meeting.

Students must be 15 years old by the last day of the course and pass a pre-screen test (300 yard continuous swim with rhythmic breathing using front crawl or breast stroke, 10 lbs brick retrieval within one minute forty seconds and tread water using legs only for two minutes) on the first day of the session in order to continue participation in class. If a student does not pass the pre-screen, a course fee refund, minus \$15 administrative fee will be issued. Class sessions will be held at the Rockville Swim and Fitness Center (355 Martins Lane Rockville MD 20850). Students MUST attend all class sessions as scheduled.

Age: 15+
11162 Sa, Su 12/21-12/22 3-10:30 PM \$125
11163 Sa, Su 1/4-1/5 3-10:30 PM \$125



Rockville Swim and Fitness Center

Doggie Dip Day
Saturday, Sept. 7

Noon-2 p.m.

240-314-8750

Visit our website
for additional information:
www.rockvillemd.gov/swimcenter

Looking for a
local swim team?

Check out the
Rockville-Montgomery
Swim Club

- One of the largest and most successful teams in the U.S.
- 87 coaches working with 2,037 swimmers at five practice sites.

For more information
www.rockvillemd.gov/rmsc

All events are on
Thursdays and
start at 7 p.m.

•
This co-sponsored series
is free and open to all.



Light
refreshments
served.

•
Glenview Mansion
603 Edmonston Drive

Save the Date: Thursday, October 10; 7-8:30 p.m.

Topic: F. Scott Fitzgerald's Rockville

Speaker: Eileen McGuckian, Historian

www.rockvillemd.gov/glenview • www.peerlessrockville.org



Come Sing Along Auditions

Come Sing With the Rockville Chorus!

Auditions will be held on Monday evening,
Sept. 9. To schedule your audition time,
email bwisda@rockvillemd.gov or
call Betty Wisda at 240-314-8681.

2019 Holiday Concert Sunday, Dec. 22, 7:30 p.m.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

www.rockvillechorus.com

23RD ANNUAL F. SCOTT FITZGERALD LITERARY FESTIVAL

SATURDAY, OCT. 12 • 8:30 A.M.-5:30 P.M.

Glenview Mansion

603 Edmonston Drive

Honoring Pulitzer Prize winner Amy Tan, recipient of the F. Scott Fitzgerald Award for Outstanding Achievement in American Literature.

- Amy Tan in Conversation with Special Guest Mark Childress.
- Screening of "The Joy Luck Club" (1993).
- Bus Tour of "Fitzgerald's Haunts in Rockville."
- Writing workshops in fiction and nonfiction by Tara Campbell, Mary Kay Zuravleff, Margaret Talbot, E. Ethelbert Miller, C. James Moore and Caroline Bock.

For more information, visit www.fscottfestival.org

Rockville Civic Ballet

Eleanor Simpson, Director



The Nutcracker

Saturdays, Dec. 7 & 14 – 4 p.m. & 7:30 p.m.

Sundays, Dec. 8 & 15 – 2 p.m.

F. Scott Fitzgerald Theatre at Rockville Civic Center Park

Tickets: \$17 Adults

\$13 Children (12 years old and under)

\$13 Seniors (60 years old and older)

Group Rates: \$16.50 for 7 or more adult tickets

\$12.50 for 10 or more children/
senior tickets

For tickets: 240-314-8690

Assigned seat tickets may be purchased in person, by phone, by mail at the F. Scott Fitzgerald Theatre Box office or online at www.rockvillemd.gov/theatre.

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851

Box office: 240-314-8690
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

Son of David Congregation presents "Carman Legacy Tour"

Saturday, Aug. 17 at 7:30 p.m.

General Admission \$27 general, \$100 VIP

The Victorian Lyric Opera Company presents "The Queen's Lace Handkerchief"

Sept. 6-8

Friday and Saturday at 8 p.m.

Sunday at 2 p.m.

Tickets: Adults \$28; Seniors \$24; Students \$20

The Golden Ratio Live

Saturday, Sept. 14 at 7 p.m.

Tickets: Adults \$25; Seniors, Students and Children \$20

Rockville Little Theatre presents "Arsenic and Old Lace"

Sept. 27, 28 and Oct. 4, 5 at 8 p.m.

Sept. 29 and Oct. 6 at 2 p.m.

Tickets: Adults \$22; Seniors (62+) and Students \$20

Rockville Concert Band presents "A Day in Life"

Sunday, Oct. 13 at 3 p.m.

\$5 suggested donation at door.

Rockville Musical Theatre presents "Suessical"

Oct. 25, 26 and Nov. 1, 2, 8, 9 at 8 p.m.

Nov. 3 and 10 at 2 p.m.

Tickets: Adults \$25; Seniors (62+) and Students \$23

Murder at the Mansion presents "With a Deadly Finish"

Nov. 1 and 2 at 8 p.m.

Nov. 3 at 2 p.m.

Tickets: Adults \$35 / Couples \$30

Heart of Maryland presents Annual Concert

Saturday, Nov. 16 at 1 p.m.

For more information about tickets, contact
the box office.

Washington Balalaika Society presents Fall Concert

Saturday, Nov. 23 at 8 p.m.

For more information about tickets, contact
the box office.

Rockville Concert Band presents "Theme and Variations"

Sunday, Nov. 24 at 3 p.m.

\$5 suggested donation at door.

Hope Garden Children's Ballet presents "A Christmas Carol"

Saturday, Nov. 30

For more information about tickets, contact
the box office,

Rockville Civic Ballet presents "The Nutcracker"

Dec. 7-15

Saturdays at 2 p.m. & 7:30 p.m.

Sundays at 2 p.m.

Tickets: Adults \$17; Seniors 60+ and Children 12 and
under \$13

A Holiday Festival

Dec. 21

A free event open to the public!

Rockville Concert Band presents "Christmas at the Cinema"

Sunday, Dec. 22 at 3 p.m.

\$5 suggested donation at door.

Ticketing Made Easy! You can purchase all of your tickets online by visiting us at
www.rockvillemd.gov/theatre • Box office is open Tues.-Sat., 2-7 p.m. and two hours prior to ticketed shows.

Rockville Concert Band

John A. Saint Amour, Music Director
Dr. Juan Gallastegui, Associate Music Director

2019 Concert Series – 3 p.m.

Sunday, Oct. 13 – A Day in Life

Selections will depict a full day of experiences from waking to a new day to full blanket of nighttime.
Conducted by John Saint Amor

Sunday, Nov. 24 – Theme and Variations

Enjoy the classic composition technique of creating a theme, or borrowing one from the great composers, and exploring all the possible wonderful variations.
Conducted by Dr. Juan Gallastegui

Sunday, Dec. 22 – Christmas at the Cinema

Hear the soundtracks of your favorite holiday movies and enjoy this interactive experience.
Conducted by John Saint Amor

F. Scott Fitzgerald Theatre at Rockville Civic Center Park

No tickets required; \$5 suggested donation.

For information: 240-314-8681

www.rockvilleconcertband.org



GLENVIEW MANSION

National Register of Historic Places

Enjoy the 1926 grandeur of the mansion and formal gardens.

Special rental discounts for Rockville residents.

Holiday Festival at the Civic Center

Saturday, Dec. 21, 1-4 p.m.

F. Scott Fitzgerald Theatre and Social Hall

Join us for an afternoon of holiday fun! Enjoy holiday decorations, arts and crafts, visit from Santa and Mrs. Claus and a variety of musical performances.

Open and free to the public.

240-314-8660

603 Edmonston Drive • www.rockvillemd.gov/glenview



Need Help with Past-Due Rent or Utility Payments?

Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville residents experiencing a financial crisis such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

Residents in financial crisis must apply first for emergency services at the Rockville office of Montgomery County Health and Human Services, 1301 Piccard Drive; 240-777-4550.

240-314-8310

www.rockvillemd.gov/communityservices

Thank You!



To learn more about the
Rockville Recreation and Parks
Foundation visit
www.rrpfi.org

Financial Assistance

Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a childcare need and costs more than \$115 per month are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year, as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **NEW-Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance** – Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** – Document must be dated within one year of application.

Online Recreation Registration System

CivicRec, powered by RecI, our online registration system, allows you to easily create an account, search, register, pay for activities and leagues, view memberships and manage profiles on any computer, tablet or smart phone. Visit **www.rockvillemd.gov/registration**.

CIVICREC
Powered by 

Donate to the People-Helping-People



Rockville Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/registration

Online Donation Course #s

\$25 – #2232
\$50 – #2233
\$75 – #2234
\$100 – #2235
\$250 – #2236

- Click on Log in or Create account
- Enter your desired donation course number above

Donations by check may be made out in any amount to Rockville Recreation Fund

Mail to: Rockville Department of Recreation and Parks
Rockville Youth Recreation Fund Donation
111 Maryland Ave., Rockville, MD 20850

Frequently Used Program Facilities and Parks

1. Beall ES, 451 Beall Ave. 20850
2. Broome Gym and Park, 751 Twinbrook Pkwy. 20851
3. Calvin Park, 1248 Gladstone Dr. 20851
4. City Hall, 111 Maryland Ave. 20850
5. Civic Ctr. Park, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
6. College Gardens ES, 1700 Yale Pl. 20850
7. College Gardens Park, 615 College Pkwy. 20850
8. Croydon Creek Nature Ctr., 852 Avery Rd. 20851
9. David Scull Park, 1131 First St. 20850
10. Dogwood Park, 800 Monroe St. 20850
11. Elwood Smith Com. Ctr., 601 Harrington Rd. 20852
12. Fallsmead ES, 1800 Greenplace Ter. 20854
13. Hillcrest Park, 1150 Crawford Dr. 20850
14. Julius West MS, 651 Great Falls Rd. 20850
15. Kicks Karate Rockville, 800 Pleasant Dr., Suite #140, 20850
16. King Farm Park, 401 Watkins Pond Blvd. 20850
17. Lakewood ES, 2534 Lindley Ter. 20850
18. Lincoln Park Com. Ctr./Isreal Park, 357 Frederick Ave. 20850
19. Mark Twain Park, 14501 Avery Rd. 20853
20. Maryvale ES/Park, 1000 First St. 20850
21. Mattie J.T. Stepanek Park, 1800 Piccard Dr. 20850
22. Meadow Hall ES, 951 Twinbrook Pkwy. 20851
23. Montrose Com. Ctr., 451 Congressional Ln. 20852
24. Monument Park, 550 Maryland Ave. 20850
25. Potomac Woods Park, 1380 Stratton Dr. 20854
26. Pump House Com. Ctr., 401 S. Horners Ln. 20850
28. Richard Montgomery HS
250 Richard Montgomery Dr. 20850
29. Ritchie Park ES, 1514 Dunster Rd. 20854
30. Robert Frost MS, 9201 Scott Dr. 20850
31. Rockcrest Ballet Ctr., 1331 Broadwood Dr. 20851
32. Rock Terrace School, 390 Martins Ln. 20850
33. Rockville Skate Park (at Welsh Park),
355 Martins Ln. 20850
34. Rockville Fencing Academy, 15221 Display Ct. 20850
35. Rockville Senior Ctr., 1150 Carnation Dr. 20850
36. Rockville Swim and Fitness Center
355 Martins Ln. 20850
37. Rockville Town Square, 200 E. Middle Ln. 20850
38. Sofive Soccer Center, 1008 Westmore Ave. 20850
39. The School of Music, 1331 Rockville Pk. 20850
40. Thomas Farm Com. Ctr., 700 Fallsgrove Dr. 20850
41. Thrive Yoga, 1321-B Rockville Pk. 20852
42. Twinbrook ES, 5911 Ridgway Ave. 20851
43. Twinbrook Com. Rec. Ctr.
12920 Twinbrook Pkwy. 20851
44. Welsh Park, 344 Martins Ln. 20850
45. Woodley Gardens Park, 900 Nelson St. 20850
46. Xtreme Acro & Cheer, 14702 Southlawn Ln. 20850



Bridget Donnell Newton, Mayor
Councilmembers

Beryl L. Feinberg, Virginia D. Onley,
Mark Pierzchala

Rob DiSpirito, City Manager

Tim Chesnutt, Director of Recreation and Parks

Chris Henry, Deputy Director of Recreation and Parks

Andy Lett, Superintendent of Recreation

Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

Help Send A Kid to Camp!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to provide support such as:

- scholarship funds for the Rockville Youth Recreation Fund
- equipment including electronic scoreboards, wall pads, inflatable movie screen and more
- free swim lessons for eligible participants
- field renovations and improvements at Mattie J.T. Stepanek Park and Dogwood Park



Please send your tax deductible gift to:

200-B Monroe Street
Rockville, MD 20850

www.rrpfi.org
240-314-8867

Name: _____

Address: _____

Email: _____

Phone: _____

This gift is in honor/memory of: _____





Inclement Weather Policy

www.rockvillemd.gov

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

Sports Leagues

Call 240-314-5055, the sports weather information line for updates on leagues.

Swim and Fitness Center

Students can visit the Swim and Fitness Center website at rockvillemd.gov/swimcenter for updates and to sign up for alerts and the facility newsletter, where you will receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

City Parks are Smoke-Free

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19, 2015, Mayor and Council agenda at www.rockvillemd.gov/AgendaCenter

Keep in touch!

Childcare/Rec. Programs (Info. Line)	240-314-5023
Classes, Camps, Trips	240-314-8620
Croydon Creek Nature Center	240-314-8770
Directions Line:	
Civic Center	240-314-5004
Senior Center	240-314-5019
Swim Center	240-314-5010
Lincoln Park Community Center	240-314-8780
Parks and Facilities Maintenance	240-314-8700
Park and Picnic Rentals	240-314-8660
Recreation and Parks Administration	240-314-8600
Rockville Skate Park	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion	240-314-8660
F. Scott Fitzgerald Theatre Box Office	240-314-8690
Rockville Swim and Fitness Center	240-314-8750
Rockville Senior Center	240-314-8800
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line)	240-314-5055
Thomas Farm Community Center	240-314-8840
Twinbrook Community Rec. Center	240-314-8830
TTY (City Hall)	240-314-8137

We are now accepting medical assistance!

City of Rockville residents receiving medical assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children. Please call 240-314-8620 for more information.

Registration Begins:

- **Tues., July 30** for all Senior Center members, **Thurs., August 1** for general and nonmembers 8:30 a.m. by mail, fax, walk-in and online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program, unless otherwise specified. Send email to registration@rockvillemd.gov. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; childcare \$50; senior programs \$15; sports teams \$100; individual sports participants \$15; swim \$15; teens \$15. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Send email to registration@rockvillemd.gov. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Rate Key:

Prices are listed as

Resident (R), Nonresident (NR)

Member (M), Nonmember (NM)

Most convenient method. Seven days a week.

1. Online:

www.rockvillemd.gov/registration or click on the Recreation Registration sneaker icon on bottom of main page.

2. Fax to:

- Rockville City Hall – 240-314-8659
- Rockville Swim and Fitness Ctr. – 240-314-8759
- Rockville Senior Ctr. – 240-314-8809
- Croydon Creek Nature Ctr. – 240-314-8779
- Lincoln Park Com. Ctr. – 240-314-8789
- Thomas Farm Com. Ctr. – 240-314-8849
- Twinbrook Com. Rec. Ctr. – 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks III
Maryland Avenue 20850
- Rockville Swim and Fitness Ctr.
355 Martins Lane 20850
- Rockville Senior Ctr.
1150 Carnation Drive 20850
- Croydon Creek Nature Ctr.
852 Avery Road 20851
- Lincoln Park Community Ctr.
357 Frederick Avenue 20850
- Thomas Farm Community Ctr.
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Ctr.
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins. Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

Registration Form | Formulario de inscripción

*Required Info | Info Requerida

☐ Check here if this is a new address, phone number or email address.
Please print. This form may be copied.

☐ Marque aquí si esta es una dirección nueva, teléfono o dirección de correo electrónico. Por favor imprima. Esta formulario puede ser reproducido.

Contact Information | Información del contacto

Last Name Apellido*	First Name Nombre*	Birthday Fecha de nacimiento (mm/dd/yy)*	Email*
Address Dirección*		City Ciudad*	State Estado* Zip Código postal*
Home Phone Teléfono de Casa*		Work Phone Teléfono de Trabajo	Cell Phone Celular

Emergency Contact | Contacto de Emergencia

For participants under 18 | Participante menor de edad

Name Nombre*		Relationship Relación*		Phone Teléfono*			
Participant's Name (Last, First) Apellido y Nombre del Participante	Birthday (mm/dd/yy) Fecha de Nacimiento (mm/dd/yy)	Sex Sexo	Activity Name Nombre de la Actividad	Activity Number Número	School Attending Escuela a la que asiste	Grade Grado	Fees Costo*
Rec Fund Fondo de rec.: \$ _____ Sr. Ctr. Mem Centro de Ancianos: \$ _____ Multi-Course Discount Descuento por asistencia a varios cursos : \$ _____ \$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship Contribución adicional al Fondo de recreación: \$ _____							
Processed by:		Date Processed:		Total Paid: \$		Total Amount Due: Cantidad Total:	

Program Modifications: Participants with disabilities should contact our office prior to activity.

Payment | Pago

Name on Card Nombre en la tarjeta	Credit Card Number Número en la Tarjeta de Crédito	Security Code Código de Seguridad	Expiration Date Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____		City Ciudad	State Estado Zip Código Postal
Cardholder Signature Firma del Dueño de la Tarjeta			

Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

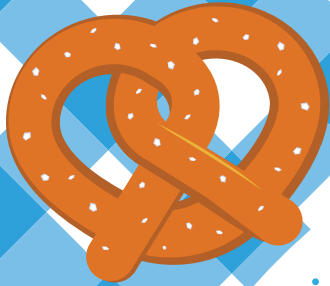
Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

* Signature of Participant/Guardian | Firma del participante/tutor _____

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

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Rockville
Mayor and
Council

Saturday, Oct. 5
11 a.m.-5 p.m.

Rockville Town Center



240-314-8620
www.rockvillemd.gov/Rocktobierfest



City of
Rockville
Get Into It